Vinetum Angliæ:

OR,

A new and easy Way to make

Wine of *English* Grapes and other Fruit, equal to that of *France*, *Spain*, &c. with their Physical Virtues.

Also to make Artificial Wines, and to Order and Recover them when damaged.

To make all sorts of Cyder, Mead, Metheglin, Rum, Rack, and many other useful Liquors.

To Gather, Order and Keep Fruit in all Seasons.

The true Art of Distilling Brandy, Strong-waters and Cordial-waters.

To make all sorts of Pickles, and sundry sorts of Vinegars.

The whole Art and Mystery of a Confectioner.

The compleat Caterer, or how to know whether Flesh, Fish or Fowl be Old or Young, New or Stale.

Rules for frugal, cheap and well Living.

To destroy all sorts of Vermin; with divers other notable things, never before made publick.

By *D. S.*

Sold by *G. Conyers*, at the Gold Ring in *Little Britain*.

THE PREFACE TO THE READER.

Reader,

IN this Book, though ſmall, you will find ſo ample a Recompence of your Money layed out in buying, and your Trouble in Reading it, that I am conſtrained to believe you will conclude them both well beſtowed.

I here preſent you with what is delightful and profitable, many of the things layed down are altogether new Experiments, and the reſt known but to a few: Here you may behold the Product and Manufacture of your Native Country, &c.

ing with those of other Nations, if not in many particulars, exceeding them; You have here exact Methods, plain, and at Cheap Rates to make Natural and Artificial Wines, more agreeable to English *Bodies than others, and they may well contend with those of* France *and* Spain *for Preheminence. I have also given their proper Virtues, and how in the best manner to Order and Preserve them, and all other Wines.*

The whole Art and Mistery is herein set down of Making Brandy, Spirits, Low-wins, and all Strong-waters from the Weakest to the Richest Cordials. Directions to draw, Colour, and order them, with many rare Receipts practised but by a very few; also their proper Virtues are treated of, likewise many rare Physical Cordial-waters highly in Esteem; with Essences, and other Curious things, the approved way. To make Ales, plain and purging, with other useful and pleasant Liquors, many in number, as Perry, Cyder, Ma[illegible] Mead, Mum, &c. with their Vir-

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The Art of Pickling, in all its Kinds, with other Attendants. The Miſtery of Confectioning, *in Preſerving, Conſerving, Candying, making Gellies, and Syrups,* &c. *Of Fruits, Flowers, and the like, with all accompliſhed Sweetmeats, fit to furniſh out the rareſt Banquet. The Art and Miſtery of the* Fruiterers, *in gathering and keeping Fruits in all Seaſons; with Inſtructions to ſuch as go to Market, to buy Poulterer's Ware, Fiſh, Butcher's meat, Fruit, and many other neceſſary things: How to know the Goodneſs or Badneſs of them, and avoid being cheated, or Impoſed on.*

To theſe I have joined Inſtructions for a decent and frugal Houſe-keeping, under which Head are included ſo many things, that for Brevity ſake I am conſtrained to omit Particulars, and draw to a Concluſion of my Preface, leſt I ſhould too long detain you from what is more material; for herein you have what never any one Volume contained, and over and above a great many more Ex-

periments, and things never before made publick, so that taking it all together it is a Rich Store-House, furnished with such Curious Wares, that cannot but prove advantagious to all, and Exceedingly so to those, who by Industry will put in practice what is set down for their good Improvement in Knowledge,

Vale.

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England's *Happiness Improv'd:*

OR, AN

Infallible Way to get Riches, Encrease Plenty, and promote Pleasure.

CHAP. I.

To Improve the Planting of Vines, and making Wine of Grapes equal to that of France; *to Fine and Order it; with choice Receipts for making Wines of most sorts of English Fruits, and their peculiar Virtues, and singular Experiments.*

THat *England's* Fertility and Product, equals any Nation under Heaven, in what conduces to the Subsistance and Health, and iches of its Inhabitants is not, at this ay, after so many Proofs and Demonstra- ons, to be questioned. Long since it was iled by Forreigners the Store-house and ranery of *Europe*, and nothing, but want Skill and Industry, can at present hinder from making those wholsom Liquors

among many other things that Equal, if not Exceed, what with the hazard of the Seas, and the great Exhauſting of our Treaſure, to the hindering the Circle of Inland Trade particularly, we have for many Years fetch'd from abroad; nay, I muſt take leave to affirm, thoſe Liquors produced from our natural growth, are not only as pleaſant in Taſt, if rightly made and prepared, as any other, but are far more agreeable to the Conſtitution of *Engliſh* Bodies, contributing to Health and lively Vigor, and if not taken in excels, which indeed in all things is hurtful, they lengthen Years, and free Old Age from thoſe Calamities that adulterated Wines and Foreign Liquors, make it obnoxious to, in the Pains Aches and many Diſeaſes that their Sediments Entail, by corrupting the good or creating bad Humours in the Body.

Therefore I have thought it, among other things, very profitable to all, that am deſigned to Treat of it in this Book, i the firſt place to give choice and approve Directions for planting Vines, makin Wines, and other Liquors of *Engliſh* Fruit &c. after the neweſt Experiments, an how they may be preſerved to be uſed all Seaſons.

Of Vines, and Planting them.

THat Vinyards have been frequent in *England* is apparent, upon the account of many places now bearing Corn and Paſture retaining that Name; and it is the Opinion of the moſt Experienced in this way, that the Southern parts of this Iſland, with the Induſtry of the Natives, might produce Vines equal to thoſe of *France*, either for Claret or White-Wines: But before I come directly upon the Making, and Ordering theſe ſort of Wines, I think it proper to ſay ſomething in relation to the Planting and Managing thoſe Vines, that are to bring forth the Grapes of which Wine is to be made.

It is the Planter's buſineſs, in the firſt place, to conſider what Soil is moſt proper, and that which is ſo, muſt be of a niterous, Sulpherous Nature; black, looſe and moiſt, proceeding from its Oyly Quality, or Fatneſs, of which there is great ſtore in this Kingdom, even in waſt places, that with a little good manuring, would be well improved into Vinyards, and render a very great Encreaſe; and the proper Manure is a little Lime, mixed with well

rotten Cow-dung, the one Cheriſhing, and the other heating the Roots of the Vines, when well mingled with the Mould in which they are to be planted, and it is the moſt proper to plant them on gradual riſing Hills not high, but very much expoſed to the South Sun, and ſheltering off the cold North Winds; or in Orchards and Gardens, againſt warm Walls, or in Rows ſupported on Rails, or Layers, of a moderate hight, and when the Vines are planted from ſlips of old Roots, Layers, *&c.* and have well taken Root, yearly open the Roots, not expoſing them too much; if the Weather be ſharp or cold in *February*, and cover them up about the middle of *March* with new ſoil, or compos'd of Dung, and mellow mould; of the firſt, about a quarter part, and they will bear abundantly many years, and when you cover them, or ſooner, if it is a proper Seaſon, to cut, or prune them, and of the ſprags cut off, by laying them in bundles in a pit of mellow Earth, 7 or 8 Weeks will produce Sciens, or Succours, capable of being planted at a fit diſtance in ſuch regular form, that they may have a convenient diſtance to ſpread, and having well taken Root, you may, as you ſee convenient, remove

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them to more convenient places, to become ſtanding Dards, and all things anſwer your Expectation; a week before *Eaſter* looſen the ground about them every year, which will let in the nouriſhing air, which is, in ſome manner, the Life of Vegitables, as of Living Creaturs, and deſtroy the Weeds that encumber them; take off the by-ſhoots that grow not downward on the Roots, and however theſe of pluck Roots are not to be taken out, unleſs in repairing old Vines, and are then called *Wortlings*, becauſe they are gotten about the over-grown Vines, or Heads, and the beſt Root on the neither part is very fine to behold; you may alſo cleanſe them from Superfluous Roots, and ſet them in for a Vine, and ſuch prepared Roots, and over-grown Vines, prove far better than others, for the *Wortlings*, after they have their Roots well together, are the better able to endure bleak Winds and Froſts, when others high hanging about the Elme with roots are often killed with them, or at leaſt are more weakened, and become like old Vines; beſides ſuch a ſtock in the driving is ſtronger than ſuch as are put in the ground immediately after they are cut from the Vine, where they muſt take Root, not taken out till they are ſet in the Rebſtock.

If you chuse a place of Ground for a Vinyard, that has been huskey before it was cleared of them, the first new set of Twigs will drive so strongly, that a double number of them must be layed in, as 8 or 10 in one place, which may, by Transplanting as they come to a moderate growth, be flourishing Vines to bear Graps, for to one stock, are layed 3 or 4 Twigs called *Palmites*, and that for some years together must be done in a new Break; for without such ordering, the Blossoms will yearly fall off, because the driving in such a new Plat, if the ground be rich, is too strong, thrusting too violently out of the blossoms: But if you let your stock grow into wood, it spreadeth in such new Tilled Ground, and is much weakened thereby, and is brought to a Temprature, for each Twig receiveth so much strength and driving, as it hath need of to the full seed, and enough for the saving of it. And thus have I given you a true Insight of ordering Vinyards, because it now may prove a nice mattter, as not having been a long time well practiced in *England*; but as for other fruit-bearing trees of the Wine, of whose Fruits I shall hereafter have occasion to speak, I shall pass over their manner of planting, and come nearer to what is immediate profitable. To

To make Wine of Grapes of the Growth of England.

WHen the Vines are well grown, ſo as to bring full Cluſters, be careful to diſencumber them of ſome part of their Leaves that too much ſhade the Grapes, but not ſo in the hot Seaſon that the Sun may not too ſwiftly draw away moiſture, and wither them: Stay not till they are all ripe at once, for then ſome will be over-ripe, or burſt, or incline to rot before the Underings come to perfection, but every two or three days pick of the choice and Ripeſt Grapes, and ſpread them in dry ſhady places in ſideways, that they contract not a heat, and muſt, and ſo thoſe that remain on the Cluſters having more Juyce to nouriſh them will grow bigger, or be ſooner ripe, and when you have gotten a ſufficient quantity put them into an open Veſſel, and bruiſe them well with your hands, or if they be too many for you, gently preſs them with a Flat wooden Beater, that is, a thick board faſtened at the end of a ſtaff; as for treading of them with the Feet, though uſed in other Countries, I approve it not, being a naſty, ſlovenly way; take care

you

you break the Stones as little as may be for that will make the Wine of a bitterish Tang.

Having bruised the Grapes well, so that they are become Pulp, or Mash, having a Tap at the bottom of your Cask, tye a hair Cloath over the Faucet, and let out that which will run voluntary of it self, as the best Wine: Then take out the Pulp, and gently press it by degrees in a Cyder-press till the Liquor is sufficiently drained out; then having a new Cask well seasoned, and Aired with a Lighted Rag diped in Brimstone till it become dry, pour the Liquor in through a sieve-funel to stop the dregs, and let it stand only with a pebble stone lightly layed on the Bung-hole to ferment, and refine it self 10 or 12 days, then draw it gently off into an other Cask well seasoned, that the Lees, or Dregs, may remain in the first Cask, and stop it no otherways than before till it has quite passed over its ferment, which you may know by the Coolness, and pleasant Tast; and thus of your ordinary white Grapes, you may make a good white sort of Wine, of the red Grapes a Claret, and if want of Colour, heighten it with a little Brazeile, boiled in about a quart of it, and strained very clear. The white Grapes [illegible]

po ripe give a good Rheniſh-Taſt, and are wonderful cooling, and a ſort of Muſcadel Grapes growing now in many parts of *England*, may be brought by the help of a little loaf-ſugar to feed on, to produce a curious ſweet Wine, little differing from Canary, nd altogether as wholſome and pleaſant, ſo hat with ſome charge, labour and induſtry e might well furniſh our ſelves with what e now are beholding to Strangers for at reat Expence, hazard of the Seas, and a aſt deal more toil and Labour than this ould require.

If the Wine requires Racking, the beſt me to do it is when the Wind is in the orth, and the Weather temperate and ear in the Encreaſe of the Moon, and when e is under the Earth, and not in her full ight.

If the Wine Rope, to alter it take a courſe nen Cloath, and when you have ſet the ask a-broach, ſet it before the bore, then t in the Linnen, and Rack it in a dry ask, put in 5 or 6 Ounces of Allom in wder, and jumble them ſo that they may ell mix, and ſo upon ſettling, it will be ed down, and become very clear and' eaſant Wine; but of fining and order- Wine, and other Liquors, I ſhall take occaſion

occasion to treat more at large hereafter.

Wine of Goosberries, *to make it.*

OF Goosberries may be made a curious Cooling Wine, after the following Directions.

Take Goosberries just beginning to turn to ripeness, but not those that are ripe, bruise them well, as you did the Grapes, but not so as to break their stones, then pour to every Eight pound of Pulp a Gallon of clear Spring-water, or rather their own Distilled water, made in a cold Still, and let them stand in the Vessel covered in a cool place 24 hours, then put them into a strong Canvas or Hair Bag, and press out all the juyce that will run from them, and to every quart of it put 12 Ounces of Loaf, or other fine Sugar, stirring it till it be throughly melted. Then put it up into a well seasoned Cask and set it in a Cool place, for too much heat will sower it, and when it has purged and settled about 20 or 30 days, fill the Vessel full, and Bung it down close, that as little air as possible may come at it.

When you find it is well wrought and settled, then is your time to draw it off into small

ſmaller Casks, or Bottles, keeping them alſo in cool places, for there is nothing more damages any ſorts of Wines than heat.

And as the Wine of Grapes has many Virtues, in comforting and ſtrengthening the Heart, reviving and reſtoring the faded Spirits, ſo this has not a few proper to it, conducing to the Health of Man.

Its Virtue.

This is a curious Cooling Drink, taken with great ſucceſs in all hot Diſeaſes, as Fevors, Small-pox, the hot fit of the Ague, ſtops Laxation, and is good in the Bloody-flux, cools the heat of the Liver and Stomach, ſtops Bleeding, and mittigates Inflamations; it wonderfully abates the flushings and redneſs of the Face, after hard drinking, or the like: It provokes Urin, and is good againſt the Stone, but thoſe that are of a very Phlegmatick Conſtitution, it is not ſo proper for them.

Currant-*Wine, to make, and order it.*

TAke four Gallons of curious cooling Spring, or Conduit-Water, let it gently ſimper over a moderate fire, ſcum it well and ſtir into it 8 Pound of the beſt Virgin-Honey, and when that is thoroughly diſſolved,

dissolved, take of the Water, and stir it well about to raise the scum, which take clean off, and cool it.

When it is thus prepared, press out the like quantity of Juyce of Red Currants moderately ripe, without any green ones among them, which being well strained, mix it well with the Water and Honey, then put them up in a Cask, or large Earthen Vessel, and let them stand upon the ferment 24 hours, then to every Gallon add two pound of Loaf, or other fine Sugar, stir them well to raise the Scum, and then when well fetled take it off, and add half an Ounce of Cream of Tartar, with a little fine flower, and the Whites of 2 or 3 Eggs which will refine it, and when it is well fetled and clear, draw it off into small Vessels or Bottle it up, keeping it in a cool place.

Of White Currants, a Wine after the same manner may be made, that will equal in strength and pleasantness, a good sort of white Wine; but as for the Black ones, or Dutch Currants, I approve not of them, but in Medicinal Wines, of which I shall have some occasion to speak hereafter.

Their Virtues.

They allay the burning Eagerness of Thirst, are cooling in Fevors, resist Put-

tion ſtay Vomiting, Corroborate the Heart, and fortify the Stomach; they are rank with ſucceſs by thoſe that have the fits of the Mother, they divert Epilepſy, and provoke the Courſes in Women.

Wine of Rasberries, to make it the Engliſh *way.*

TAke what quantity you pleaſe of Red Rasberries when they are meanly ripe, for if they grow over ripe, they will loſe much of their pleaſant ſcent, and clearing the Husks and Stalks from them, ſoak them in the like quantity of fair Water that has been boiled and ſweetened with fine Loaf Sugar, a pound and an half to a Gallon; when they are well ſoaked about 12 hours take them out, put them up into a fine linen preſſing Bag, preſs out the Juyce into the Water, then boil them up together, and ſcum them well twice or thrice over a gentle fire, take off the Veſſel, and let the Liquor Cool, and when the ſcum ariſes take off all that you can, and pour off the Liquor by inclination into a well ſeaſoned Cask, or Earthen Veſſel, then boil an ounce of Mace very well in a point of White Wine till the Third part of the Wine be conſumed,

ſtrain it, and add it to the Liquor; let it ſettle two days, and when it has well ſettled and Fermented draw it off into Cask, or Bottles, and keep it in cool places.

The French *way to make this Wine.*

Steep two Gallons of Rasberries in a gallon of Sack 24 hours, then ſtrain them, and put to the Liquor three quarters of a pound of Raſins of the Sun well ſtoned, and ſo let them continue four or five days, ſometimes ſtiring them well, then pour it off by Inclination, that the cleareſt may be taken away, and only the droſs and Settling remain in the bottom, and bottle that you pour off, and if you find it not ſweet enough for your pallate, you may add ſome Sugar about half a pound to a gallon will be ſufficient; keep theſe in a cool place.

Their Virtues.

Theſe Wines either way are a great Cordial, they cleanſe the Blood, prevent peſtilential Air, comfort the Heart, eaſe pain in the Stomach, diſpel groſs Vapours from the Brain, cauſe a free breathing, by removing Obſtructions from the Lungs, and are ſucceſsfully taken in Appoplexies.

Wine of Mulberries, *to make it.*

TAke Mulberries when they are just changed from their redness to a shining black, gather them in a dry day when the Sun has taken off the dew, spread them thinly on a fine cloath on some floor or table for 24 hours, boil up a gallon of water to each gallon of Juice you press out of these; scum the Water well, and add a little Cinnamon grosly bruised, put to every gallon 6 Ounces of white Sugar-candy fine-beaten, scum and strain the Water when it is taken off and settled, then put to it the Juice of Mulberries, and to every gallon the mixture of a pint of White or Rhenish Wine; Let them stand in a Cask to purge and settle 5 or 6 days, then draw off the Wine, and keep it cool.

Its Virtue.

This is a very rich Cordial, it gives Vigour to consumptive Bodies, allays the heat of the Blood, prevents Qualms and Pensions in Women, makes the Body soluble, helps Digestion, and eases Distempers in the Bowels.

Morello *Wine, to make it.*

TAke two gallons of White-wine, and 20 Pound of *Morello* Cherries, take away the ſtalks, and ſo bruiſe them that the ſtones may be broken, preſs the Juice into the Wine, put Mace, Cinnamon and Nutmeg each an Ounce in a Bag grolly bruiſed, hang it in the Wine when you have put it up in a Caſk, and it will be a rich Drink.

Vinum Sambuceum; *or Wine of* Elder-berries, *how to make it.*

TAke Elder-berries when pretty ripe, plucked from the green ſtalks, what quantity you pleaſe, and preſs them that the Juice may freely run from them, which may be done in a Cyder-preſs, or between two weighty Planks, or for want of this opportunity you may maſh them, and then will run eaſily; this Juice put up in a well ſeaſoned Caſk, and to every Barrel put 4 gallons of water ſtrong of Honey boiled in it, and add ſome Ale-yeſt to make it ferment, and work out the groſsneſs of the body, then to clarify it add Flower, whites of Eggs, and a little fixed Nitre, and when

has well fermented, and grows fine, draw from the settlings, and keep it till Spring, en to every Barrel add five pound of its wn Flower, and as much Loaf-sugar, and en let it stand 7 days, at the end whereof will grow very rich, and have a curious vour.

Its Virtues.

It is an excellent Febrifuge, cleanses the ood of Acidity, Venom and Putrefaction, od in Measles, Small-Pox, Swine-Pox, and stilential Diseases; it contributes to rest, d takes away the Hear that afflicts the ain, easing Pains in the Head.

ines of Black-berry, Straw-berries *or* Dewberries, *how to make them.*

Ake of these Berries in their proper Seasons moderately ripe what quan- you please, press them as other Berries, il up Water and Honey, or Water and Sugar, as your pallate best Relishes to a nsiderable Sweetness; and when it is well med, put the juyce in, and let it stand to encorporate it well with the Water, d when it has done so, take it off, let it ol, and scum it again, then put it up in Barrel, or rather a close glazed Earthen

Veſſel, to ferment and ſettle, put then to every Gallon half a pint of Mallaga, and draw it off as clear as may be; bottle it up, and keep it cool for uſe.

Their Virtues.

Theſe Liquors are agreeably good in Fevors, afflictions of the Lungs, prevent the Infection of peſtilential Aires; get a good Appetite, and much helps digeſtion, excellent in Surfeits, and cauſe good Blood.

Wine of Apples *and* Pears, *to make them.*

AS for Apples, make them firſt into good Cyder, by beating and preſſing and other orderings, as I ſhall direct, when I come to treat of thoſe ſort of Liquors after I have ended this of Wines; and to good Cyder when you have procured it put the herb *Scurlea*, the Quintiſence of Wine, and a little fixed Nitre, and to a Barrel of this Cyder, a pound of the Syrup of Honey; let it work and ferment at Spurge holes in the Cask Ten days, or till you find it clear and well ſetled, then draw it off, and it will not be much uncomparable to Rheniſh-Wine in Clearneſs, Colour and Taſt,

To make Wine of Pears, procure the Tarteſt Perry, (but by no means that which is Tart by Sowering, or given that way) but ſuch as is naturally ſo, put into a Barrel about 5 Ounces of the juyce of the Herb Clary, and the Quintiſence of Wine, and to every Barrel a pound, or Pint of the Syrup of Black-berries, and after fermentation, and refining, it will be of a curious Wine-taſt, like Sherry, and not well diſtinguiſhable, but by ſuch as have very good Pallates, or whoſe Trade it is to deal with it.

Their Virtues.

Theſe Wines have the nature of Cyder and Perry, though in a higher degree, by the addition and alteration, being Cooling, Reſtorative, eaſing pains in the Liver, or Spleen, Cleanſing the Bowels, and creating a good Appetite.

Wine of Cherries, *to make it.*

TAke Cherries indifferently ripe of any red ſort, clear them of the Stalks and Stones, and then put them into an Earthen Glazed Veſſel, and with your clean hands Squeeze them to pulp, or you may do it with a wooden Ladle, or preſſer, and ſo let

them continue Twelve Hours to ferment, then put them into a Linen Cloath, not too fine, and press out the Juyce with a pressing board, or any other Conveniency, then let the Liquor stand till the scum arise, and with your Ladle take it clean off, then pour out the clearer part by inclination into a Cask, where to each gallon put a Pound of the best Loaf Sugar, and let it ferment, and purge 7 or 8 days, so draw it off when you find it clear into lesser Casks, or Bottles, keep it cool, as other Wines, and in 10 or 12 days it will be ripe.

Its Virtues.

This is a great cooler of the Body in the heat of Weather, chears the heart, and much enlivens Nature in its decay; it is good against violent Pains in the Head, and swooning Fits.

Wine of Peach *and* Apricots, *to make it.*

TAke of Peaches, Nectarins, *&c.* when they are full of juyce, pare them, and quit them of their stones, then slice them thin, and put about a gallon to two gallons of Water, and a quart of White-wine, put them over a fire gently to simper a considerable time, till the sliced fruit become so

then pour off the Liquid part into other Peaches that have been so used and bruised, but not heated, let them stand Twelve hours, sometimes with stiring, and then pour out the Liquid part, and press what remains through a fine hair bag, and put them together into a Cask to ferment, then add of Loaf Sugar a pound and an half to each Gallon; boil well an ounce of beaten Cloves in a quart of White-wine, and add it to give a curious flavour.

Wine of Apricots may be made with only bruising, and pouring the hot Liquor upon, not requiring so much sweetning, by reason they are of a more dulcid, or Lucious Quality, only to give it a curious flavour, boil an Ounce of Mace, and half an Ounce of Nutmegs in a Quart of White-wine, and when the Wine is on the ferment, pour the Liquid part in hot, and hang a bunch of fresh Borage well flowered into the Cask by a string at the Bung for three days, then draw it off, and keep it in Bottles, which are most proper to preserve these sorts of Wines.

Their Virtues.

They are moderately warming and restorative very good in Consumptions, to create an Appetite, and recover decayed

and wasting Bodies; they loosen the hardness of the Belly, and give ease to the pains of the Stomach.

Wine of Quinces, *to make it.*

GAther the Quinces when pretty Ripe in a dry day, rub off the Down with a clean Linen Cloath, then lay them in Hay, or Staw, for Ten days to sweat, so cut them in Quarters, and take out the Cour, and bruize them well in a Mashing Tub with a Wooden beetle, and squeeze out the liquid part, by pressing them in a hair bag by degrees in a Cyder-press, strain this Liquor through a fine sieve, then warm it gently over a fire, and scum it, but suffer it not to boil, sprinkle into it Loaf-Sugar reduced to Powder, then in a gallon of Water, and a quart of White-wine, boil a dozen or fourteen large Quinces thinly sliced, add two pound of fine Sugar, and then strain out the liquid part, and mingle it with the natural Juyce of the Quinces, put it into a Cask not to fill it, and jumble them well together, then let it stand to settle, put in juyce of Clary half a pint to five or six gallons, and mix it with a little flower and whites of Eggs, so draw it off, and if it be not sweet enough

enough add more Sugar, and a quart of the beſt Malmſey; you may to make it the better, boil a quarter of a pound of ſtoned Raſins of the Sun, and a quarter of an Ounce of Cinamon in a quart of the Liquor to the Conſumption of a third part, and ſtraining the Liquor, put it into the Cask when the Wine is upon the ferment.

Its Virtues.

This Wine is a good Pectoral, cooling and refreſhing the Vital parts; it is good, moderately taken, in all hot Diſeaſes, allays the flushing of the Face, and St. *Anthony's Fire*, takes away Inflamations, and is much available in Breakings-out, Botches, Boils, or Sores.

Wine of Plums, Damaſcens, *&c. to make them.*

TO do this take what Plumbs you pleaſe, mix thoſe of a ſweet Taſt with an allay of thoſe that are ſomewhat ſower, tho' they muſt be all Enclyning to Ripeneſs, ſlit them in halves, ſo that the Stones may be taken out, then Maſh them gently, and add a little Water and Honey the better to moiſten them, boil to every gallon of pulp of your Plumbs, a gallon of Spring-water, in

it

it a few Bay-Leaves and Cloves, add as much Sugar as will well sweeten it, scum off the froth, and let it Cool, then press the Fruit squeezing out the Liquid part, strain all through a fine strainer, and put the Water and juyce up together in a Cask, let it stand and ferment three or four days, fine it with white Sugar, flower and whites of Eggs, and draw it off into Bottles, so corking it up that the Air may not prejudice it, and in 10 or 12 days it will be ripe, and taste like sherry, if not a nearer flavour of Canary.

Damascens may be ordered as other Plumbs, though they produce a Tarter Wine, more clear and longer lasting, but put not so much Water to them, as to lucious Plumbs, unless you mix some sweet Wine with it, as Mallago, Canary, or the like, or infuse Rasins in the Sun in it, which will give it a Rich and Mellow Taste.

Their Virtues.

These, as other Wines made of *English* Fruit, are moderately cooling, purefy the Blood, and cleanses the Reins, cause a freeness of Urin, and Contribute much to soft slumbers, and a quiet rest, by sending up gentle refreshing Spirits to the Brain, which dispel heat and noxious Vapours thence

and put that noble part into a right Temperature.

Wine of English Figs, *to make it.*

TO do this take the large blue Figs, pretty ripe, steep them in White-wine, having made some slits in them that they may swell, and gather in the substance of the Wine, then slice some other Figs, and let them simper over a fire in fair water till they are reduced to a kind of pulp, strain out the water pressing the pulp hard, and pour it as hot as may be to those Figs that are infused in the Wine, let the quantities be near equal, the Water some what more than the Wine and Figs, then having infused 24 hours, mash them well together, and draw off what will run Voluntarily, then press the rest, and if it prove not pretty sweet, add Loaf Sugar to render it so; let it ferment, and add a little Honey, and Sugar-Candy to it, then fine it with Whites of Eggs and a little Ising-glass, and so draw it off, and keep it for use.

Its Virtues.

This is chiefly appropriated to Defects of the Lungs, helping shortness of Breath, removing Colds or Inflamations of the Lungs;

it also comforts the Stomach, and eases pains of the Bowells.

Wine of Roses, *to make it.*

TO do this fit a Glass Bason, or Body, or for want of it a well glazed Earthen Vessel, and put into it three gallons of Rose-water drawn with a cold Still, put into it a convenient quantity of Rose Leaves, cover it close, and put it for an hour in a kettle, or Cauldron of Water, heating over the fire to take out the whole strength and Tincture of the Roses, and when cold, press the Rose-Leaves hard into the Liquor, and steep fresh ones in, repeating it till the Liquor has got a full strength of the Roses, and then to every gallon of Liquor add three Pound of Loaf-Sugar, stir it well that it may melt and disperse in every part, then put it up into a Cask, or other Convenient Vessel to ferment, and to make it do so the better, add a little fixed Nitre and flower, and two or three Whites of Eggs, and let it stand cool about 30 days, and it will be ripe, and have a curious flavour, having the whole strength and scent of the Roses in it, and you may add to Meliorate it some Wine and Spices, as your Taste or Inclination leads you. And

And by this way of Infuſion, wine of Carnations, Clove-gilly-flowers, Violets, Primroſes, or any Flower, having a curious ſcent, may be made, to which to prevent Repetition, and go on with as much brevity as conveniently may be, I refer you.

The Virtues.

Wines thus made, are not only pleaſant in Taſt, but rich and medicinal, being excellent for ſtrengthning the Heart, refreſhing the Spirits, and gently cooling the Body, making it Lenitive, and ſo purges the firſt digeſtion of Flegm, ſometimes Cholar, abates the heat of the Fevor, quenches Thirſt, mittigates the Inflammation of the Intrails, and may, on ſundry occaſions, ſerve for a good Counter-poiſon.

Cowſlip *Wine, to make it.*

PUt 5 pound of Loaf-ſugar to 4 Gallons of fair water, ſimper them over a fire half an hour to well diſſolve the Sugar, and when it is taken off, and cold, put in half a peck of Cowſlip-flowers clean pickt, and gently bruiſed, then put two ſpoonfuls of new Ale-yeſt, and a pound of Syrup of Limons beaten with it, with a Limon-peel or two, and ſo in a well ſeaſoned Cask or Veſ-

ſel,

sel, let them stand close stopped for three days that they may ferment well, then put in some Juice of Cowslips, and give it a convenient space to work, and when it has stood a month draw it off into Bottles, putting a little lump of Loaf-Sugar into each, and so you may well keep it the space of a Year; and thus you may make Wine of such other like Flowers that are of pleasant Taste and scent, as Oxlips, Gesmine, Peach-blooms, Comfry, Scabeons, Fetherfew, Fumitary, and a number more, as your Fancy and Gust leads you, for I have shewed you different ways to let you know that you need not exactly keep to one certain Rule, but please your Pallate by such additions as you think convenient, though by straying too far, you may happen to mar the whole design; therefore, in all things, keep as near as you can to the Rules I have given.

Its Virtues.

Cowslip-Wine moderately drunk much helps the Palsey, Cramp, Convulsion, and all other Diseases of the Nerves and Sinners; also eases pains of the Joints and Gout, and contributes mainly to the curing of Ruptures.

Scurvy

Scurvy-Graſs *Wine, to make it.*

SCurvy-Graſs, or Spoon-wort, is a very Soveraign medicinable Herb, appropriated chiefly to the health of Engliſh Bodies, in many Medicins chearfull, the Wine made of it containing all its Virtues with addition, muſt needs be very acceptable to make it then.

Take the beſt large Scurvy-Graſs Tops and Leaves in *May*, *June*, or *July*, bruiſe them well in a Stone Mortar, then put it in a well-glazed earthen Veſſel, and ſprinkle it over with ſome pouder of Chriſtal of Tartar, then ſmeer it over with Virgin-honey, and being covered cloſe let it ſtand 24 hours, then ſet water over a gentle fire, putting to every Gallon three Pints of Honey, and when the ſcum riſes take it off, and let it cool, then put your ſtamped Scurvy-Graſs into a Barrel, and pour the Liquor to it, ſetting the Veſſel conveniently endways, with a Tap at the bottom, and when it has been infuſed 24 hours, draw off the Liquor, and ſtrongly preſs the juyce and moiſture out of the Herb into the Barrel, or Veſſel, and ſo put the Liquor up again, then put a little new Ale-yeſt to it, and ſuffer it to ferment

ferment three days, covering the place of the Bung, or Vent, with a piece of Bread spread over with Mustard-seed downward in a cool place, and so let it continue till it is fine and drinks brisk, then is your time to draw off the finest part, leaving only the dregs behind; add more Herbs, and so ferment with White of Eggs, Flower, and fixed Nitre Verjuce, or the Juice of green Grapes if they be to be had, to which add 6 Pound of the Syrup of Mustard, all mixed and well beaten together to refine it down, and it will drink brisk, but is not very toothsom Being here incerted among Artificial Wines rather for the Health of Persons, than for the delightfulness of Gust.

Its Virtues.

It helps Digestion, warms cold Stomachs carries off Phlegm, purefies the Blood purges out salt watery Humours, cleanse the Bowells from cold slimeyness, eases pain in the Limbs, Head, Heart and Stomach; also those pricking pains, that are occasione by Scorbutick Humours, *&c.*

Of Mint, Balm, *and other Herbs*, &c.

TO come more briefly to a conclusio of this Chapter, know that the Win

of Mint, Balm, and other Fragrant Herbs, are best made after this manner, *viz.*

First, distil the Herb in the cold still, then add Honey to it, and work as in Scurvy-Grass, and then refine it, and work it down by a due proportion of its own Syrup, and so the Wine will become very fragrant, and continue the whole virtue of the Herb: Wormwood-wine, Wine of Rue, Cardus, and such strong physical Herbs, may be made by Infusion, only in small White-Wines, Cyder, Perry, or the like, adding little Sweets to palliate them, that they may be more agreeable to the Taste. That of Black Currants may be made as of other Currants, and are very proper to be kept in Families.

Their Virtues.

They indifferently all of them resist Pestilential Airs, are good in Agues, and cold Diseases; prevent Mother-fits and Vapours, and ease Pains in the Joints and Sinues, cleansing the Blood, and are great hinderers of Appoplexies, Epilepsies, and the like; and the Wines have not only the Virtues of the Herbs, but an addition to heat, strengthen and revive decaying Nature.

CHAP. II.

The ingenious Art and Mistery of the Vintners, *in making Artificial Wines; as Mallaga, Claret, Rhenish, &c. recovering faded Wines, and such as have lost their Colours; Racking, Sweetening, and many other things that appertain to their Trade, and have hitherto been kept as Secrets to the Publick, &c.*

Of Small Wines meliorated.

IT is the opinion of many, that weak Wine may be raised, and improved on the Rich Lees of Wine that is drawn off; and indeed we know it is common to draw off such small Wines, and put them on such Lees, whereby the Vintner's gains arise: we also see that Wine is fed with proper Food, as sweet Flesh, salt of Tartar, or most principally the sweet and Volatil Spirit of Tartar, and yet higher with the Quintisence of Wine, by Essential Salts, prepared Oyls Herbs, and things of an Aromatical nature: why then may not small Wine be greatly bettered by the Animal, or Quintisence extracted from other Wines, for the Animal of Wine only, and nothing else, doth increase the strength of Wine.

If the Quintisence be drawn out of one small Wine, and added to another, it will make that rich, though the other is altogether Impoverished, and better one be lost, which may however serve for Vinegar, than both remain useless, which cannot be so well demonstrated in Words, as practice; wherefore I shall hasten to what is more plain to be understood.

To make Artificial Claret.

TAke the Juyce, or Water of Clary, distill it in a cold Still one part; Red streak Syder half a part, Malago Rasins beaten in a Mortar six Pounds, the fat Mother of Claret one Pound, and these being covered in a close Vessel let them ferment 15 days, then draw off the Liquor into another Vessel, and to every Gallon add half a pint of the Juyce of Mulberries, or Blackberries, or Goosberries, and a pint of the Spirit of Clary, to the whole then take three Spoonfuls of Flower, and the White of two New-layed Eggs, a Dram of Ising-glass, beat these together, and add to the Liquor two Pounds of the Syrup of Clary, and it will Refine down, and be very rich, not distinguishable from right Claret, unless by those very well Skilled in Wines, and of this there is great quantities

sold, now *French* Wines are dear, and scarce to be come by.

Artificial Malago, *to make it*, Canary, *&c.*

TAke a Cask that has been well seasoned with right old Malligo, new trim it, and hoop it strong, leaving it open at one end, to which open end a close cover must be fitted, to take off and put on at pleasure, and keep it in all Seasons in a warm place, fill it with Spring, or Conduit-water, and to every gallon of Water add 6 Pound of the best Mallago Rasins, grosly bruised, and sprinkle on every Twenty Gallons a handful of Calx Wine, then place the cover close and keep it warm with Cloaths fastened about it, and so let it continue four or five days to work and ferment; after that open it, and see if the Rasins are floating on the top of the Water, and if you find they are press them down again, and so do every four or five days, letting them stand three weeks, or a month, then Tap the Vessel 3 or 4 Inches above the bottom, and try the Liquor tastes likewise, and if it do's not let it stand longer, till it has got the true flavour, then draw it off into another Cask that has had *Mallago* in it, and to every 2

Gallon

Gallons put a pint of the best *Aqua-vitæ*, a quart of *Alligant*, and 2 new-layed Eggs beaten together, and let it stand in a Vault, Cellar, or some such like place till it be fit to be drunk; if it want sweetness, put in a little fine Loaf-Sugar, and it will abundantly answer your Expectation, and this dashed with a little good White-wine, or curious brisk Pepin-Cyder, may well pass for Canary.

And thus not only Artificial *Malaga* may be made, but other Artificial Wines, for it cannot but be supposed an ingenious Person may, by these Examples, invent and prepare other sorts of Wines different from these in Tast; for having once got the Knowledge of the different Herbs that bear a Signiture with the different Sulphers of the true Wine, whether stiptick, acid, mild, lucious, fat or Balsamick, so must the Imitation of the different sorts of Wines be, whether Ribella, Tent, Rapadavia, Canary, or any others; as for White-wine, or Rhenish, you may make them of Sweeter or Tarter Cyders, as is directions given for making Artificial Claret, bating the colouring, though you must be at the Labour and charge to fine them more, and keep up in them a good Body.

To restore Prick'd Wines.

TO do this take the Wine down to the Lees in an other Cask where the Lees of good Wine are fresh, then take a pint of strong *Aqua-vitæ*, scrape half a pound of yellow Bees-wax into it, and by heating the Spirit melt the wax over a gentle fire, then dip in it a cloath, and set it on fire with a brimstone Match, put it flaming in at the Bung, and stop the Cask close.

To restore Wines decayed by too much Vent, or Sowring.

STir and ferment it well with a flat-ended stick, till you have removed it in all parts, and made it ferment, but touch not the Lees; then pour in a pint of *Aqua-vitæ*, and stop it up close, and at the end of ten day it will be tollerably restored. Wine that is decayed by too much vent, may be recovered by putting burning hot Crusts of Bread into it.

For Musty-wine, or Tang'd of the Cask.

TO remedy this, rack it off upon Lees of rich Wine of the same sort, then put into a Bag four Ounces of the Poudor of Lenerel Berries, and two Ounces of the Fi-

lings of Steel, let it hang by a ſtring to the middle of the Wine, and ſo by degrees lower it, as you draw it off.

To hinder Wine from Turning.

Put a pound of melted Lead, that has been melted, into fair water into your Cask, pretty warm, and ſtop it cloſe.

To take away the ill Scent of Wine.

Bake a long Rowler of Dough, when it is ſtuck well with Cloves, let it thorrowly bake, and hang it in your Cask, and it will remove the ill Scent from the Wine, by gathering it to its ſelf.

To remedy a bitter or ſour Scent.

Take half a peck of Barley, and boil it in two quarts of Water, till one half of the water be waſted; ſtrain it, let it well ſettle, and pour it into the Wine Cask, ſtiring it well without touching the Lees.

Green Wine, how to ſoften it.

Put in a little Vinegar wherein Litharge has been well ſteeped, and boil ſome Honey to draw out the Wax, and ſtrain it through a cloath, and put a quart of it into a Terce, and this much mends it in Sum-

mer especially, and some when they perceive the Wine turning, put in a stone of unslacked Lime, and it much mends it.

To keep Wine from souring.

BOil a gallon of Wine with some beaten Oyster-shells and Crabs-claws Calcined, strain out the Liquid part, and when it is cool, put it into the Wine of the same sort, and it will give it a pleasant lively Taste.

To sweeten Wine.

FIll it upon the Lees, put a handful of the flowers of Clary, and infuse in it, and add a pound of Mustard-seed dry-ground, which in a bag must be sunk to the bottom of the Cask.

Artificial Malmsey.

TAke English, Galingale Cloves, each a Dram, beat them to pouder, and infuse them a day and a night in a pint of *Aqua-vitæ* in a wooden Vessel kept close covered, then put it into good Claret, and it will make 12 or 14 gallons of good *Malmsey* in five or six days; the Drugs may be hung in a bag in the Cask.

To

To make Wine ſettle well.

TAke a pint of Wheat, and boil it till it burſt in a quart of Water, and become very ſoft, then ſqueeze it through a new Linnen Cloath, and put a pint of the liquid part into a Hogshead of unſettled White-wine, and it will fine it.

To make Wormwood-Wine.

TAke a good brisk Rheniſh Wine, or White-wine, and hang a pound of Roman-wormwood in a bag into it, clean ſtripped from the groſſer Stalks, and well dryed; and in 10 or 12 days Infuſion it will give it a Taſt and a curious Colour beyond what it had before: This may be done as it is drawn, by droping 3 or 4 drops of Chimical Spirit, or Oyl of Wormwood into a quart of Wine.

To make Rough Claret.

PUt a quart of Claret to two quarts of Slows, bake them in a gentle Oven till they have ſtewed out a great part of their moiſture, then pour off what is Liquid, and ſqueeze out the reſt, and half a pint of this will rough 10 Gallons.

To Recover the lost Colour of White-wine, *or* Rhenish-wine.

TO do this Effectually Rack the Wi from the Lees, and if the Colour the Wine be faint and tawney put in Co ack-Lees, and pour the Wine upon the rowling and jumbling them together a co siderable time in the Cask, and in 10 12 days rack off the Wine, and it will of a proper Colour, and drink brisk a fine.

Wine that is lowering, to prevent its decay

TAke Roach-Allom poudered an Oun draw out four gallons of the Wi and strow the pouder in it, beat it well the space of half an hour, then fill up Cask and set it on broach, being caref to let it take vent, so that by this means three or four days you will find it a curio brisk Wine.

Of Racking Wine.

THis is done with such Instruments as usefull and appropiated to the mann of doing it, and cannot be so well scribed by words, as by seeing it do however this observe in doing it: Let it

hen the wind sits full North, and the Wea-
er is Temperate and Clear, that the Air
ay the better agree with the constitution
the Wine, and make it take more kindly;
is moreover most proper to be done in the
crease of the Moon, when she is under the
rth, and not in full height, &c.

To make Wines scent well, and give them a curious flavour.

TAke pouder of Sulphur two Ounces,
half an Ounce of Calamus, incorporate
em well together, and put them into a
nt and a half of Borrage-water, let them
ep in it a considerable time, and then
awing off the water melt the Sulphur and
alamus in an Iron pan, and dip in it as
any Rags as will soak it up, which put in-
the Cask; then rack your Wine, and put
a pint of Rose-water, and stoping the
ogshead, rowl it up and down half an hour,
ter which let it continue still two days, and
so ordering any Gascoin, or red Wine,
will have a pleasant scent and gust.

To mend Wines that Rope.

WHen you have set your Cask a-broach,
place a course linen Cloath before
e Bore, then put in the linen, and rock it

in

in a dry Cask, add then 5 or 6 Ounces of the Pouder of Allom, then rowl and jumble them sufficiently together, and then upon settling it will be fined down, and prove a very fluid pleasant wine, both in Tast and Scent.

To mend White, or Rhenish Wines.

IF these VVines have an unpleasant Tast your best way is speedily to draw either of them half off, and to either of the halves put two gallons of new Milk, a handful of Bay Salt, and as much Rice, mix, and beat them well together for half an hour with a Staff, or Paddeler, then fill up the Cask and when you have well rowled it, turn it over in the Lees, and 2 or 3 days after you may broach it, and it will drink very fine and brisk.

Another way to mend the Colour of White Wines, &c.

TAke a Gallon, or more, of morning Milk, put it into the Cask, and mix it well with Rowling, then when you perceive it is well settled put in 3 or 4 Ounces of Ising-glass, and about a quarter of a pound of Loaf-sugar fine scraped, and then fill up the Hogshead, or other Cask, and rowl it 4 or 5 times over, and this will bring it to a colour and fineness.

To meliorate, or better Viſcious Wine.

IF your Wine in this caſe be what it will, your buſineſs is to take a pint of Clarified honey, a pint of Water, wherein Raſins of the Sun have been well ſteeped, 3 quarters of a pint of good white Wine, or Claret, according as the Colour of your wine is, let them temper, and boil a little over a gentle fire, to the conſumption of a third part, taking off the Scum as faſt as it riſes, put it very hot into the viciated Wine, and let it ſtand the bung-hole being open, then in a linen Bag put a little bruized Mace, Nutmeg and Cloves, and hang the Bag in the wine by a ſtring for 3 or 4 days, and ſo either new or old Wine will not only be fined, but much bettered; for by this means they are reſtored from their foulneſs and decay, and yeild a good Scent and Taſt; you may perfect this work the more when you take out the Spice, hang in a ſmall Bag of white Muſtard-ſeed a little bruiſed, and the work is done.

To make Ice in Summer, and cooling Wine, &c.

TO make Ice take a ſtone Bottle that will hold about three quarts of water, put into it two Ounces of refined Salt-petre, half an Ounce of Florence Orriſe, and fill with water boiling hot, ſtop it cloſe, and im-

immediately let it down into a Well, let remain there 3 or 4 hours, and when y break the bottle you will find it full of ha Ice; or for want of this opportunity, d solve a pound of Nitre in a bucket of w ter, and it will cool your Bottles exceedin ly.

Some farther Considerations on these Matte in Particular and General, &c.

TAke Salt of Tartar, and pour distill Vinegar thereon until it be assatiat every time drawing off the Phlegm, a then distill it in a coated Retort by fire degrees; and lastly, rectify the Oil throu the Spirit of Vitriol, and it will become cid, fragrant, and very pleasant, and a li of this put into VVine, the pouder hu in a fine linen Rag to the middle of Cask so greatly refreshes it, that it is held Meliorate, if not recover foul, pricked or ded VVine in a short space.

VVines may be wonderfully exaulted Essential Salts, *viz.*

First chimically seperate the Oil of Concreet, and the remainder Calcine ashes, the pure Salt extract, and Christa from thence, and reunite spagerically fixed Salt, and the Essential Oil, and b them to Christalline Salt, or with the

of the Concreet diſtill and cohobate ſo ng till it is all brought over in a Balſam- Spirit, and this Spirit being imbodied the Eſſential Salt, plainly manifeſts its ying, enriching Sulphur, which will ve Life and ſulphurous Patneſs, with a rable, laſting and ſubſtantial Virtue unto Vines, exaulting both the Taſt and the ell.

This Salt or Eſſence of VVormwood will ake rich VVormwood-wine, and ſo will at of Mint, Balm, Angelico, and other fra- ant and aromatick Herbs.

It alſo gives fermentation thereunto, and nders it excellent VVine, as VVine refined om its Lees, and gives ſuch Qualities as ſerve the higheſt Commendation: The ement of Fire, a Matter ſo called, made the common yellow Sulphur, if a little it be put into any defective VVine, pro- ces very rare Effects, giving a grateful ſt and Colour, and will ſo comfort it, t it will not eaſily admit of change, or riſhing, as otherwiſe is wont to happen, e- cially to common Rheniſh-wine.

VVines are alſo enriched by Eſſential and grant Oils ſo made, as to incorporate th water, or ſpirits of VVine, or other Vine, for being dilated by a proper fer- ment

ment they are easily united, and so the body of the VVine is much enriched thereby.

I might go on in this Theme to swell large Volume, but having said enough from Practice and Experiment, and there remaining yet several other Subjects to handle before I can finish this work, I am constrained to mind my promise, in giving every one the satisfaction of variety, *&c.*

CHAP. III.

Treating of the Art and Mistery of a Distiller *in Drawing off Brandy, Low-Wines, Proof Spirits, with the true way of making Ordinary and rich Cordial-waters.*

To Distill Aqua Vitæ, *and Low-wines,* &

OF late years particularly, the greatest produce of Common Distillation of Spirits have been from Malt, and since the War has prohibited French Brandies, a Spirit very near it in Taste, Colour and Strength, has been Extracted from Grain with Little other help; but before I come directly upon it, I shall introduce it,

ther it in with the Art of Diſtilling the ommon Spirit, or vulgar *Aqua-vitæ.*

Aqua-vitæ, the ground of ſo many curi- us Spirits, and Cordial-waters, is drawn off rom well brewed Beer that is ſtrongly hop- ed, and well fermented; but it is not re- uiſit it ſhould be fully rich of the Malt, and muſt be diſtilled as ſoon as it is well rought, for fear it ſhould be flat or ſower, nd then great part of the Spirit will evapo- te, but if it be very ſtrong of the Malt, nd in good tight Casks, it may be kept our own time.

The way to diſtil it is to take a large Still, ith a Serpentine-worm fixed in a large ogshead, with cold water to condenſe the irit, or for want of that an Alimbeck, yet not too haſty at firſt with the fire, rather ſe it by degrees to a general Heat till the irit comes; if the Still be very large, the t approved way is to let the Spirit run ough a Funnel into a Hogſhead, placed the ground to receive it; make this Di- lation as long as any good Spirit will iſſue th, and when that is done you may w by the Taſt, for it will be like unſa- y Water, and when all the Spirit is off, Spirit is called Low-Wine, which uſt to ſtand 6 or 7 days, and then di-

ſtill it a ſecond time, which Artiſts term a Rectification, by which means it may be brought to Proof Spirits, or arteficial Brandy; now, in this caſe you may know when the Spirit is of the ſecond time, in trying it by fire; for if it will not burn, then the Operation is at an end.

Theſe Low-wines and Spirits, are the principle bodies of Strong-waters that are made of them; of which I ſhall treat in their proper place.

Now if you Rectefy a third time in Balneo, it will take off much of the Phlegm from the Spirit, and ſo a true *Aqua-vitæ* will be well prepared.

The Dutch *way of diſtilling Spirits*, &c.

TAke well made Malt, and about 3 hours before you intend to uſe it, grind it, put about 6 Buſhel into a very large Caſk ſtanding on one end, with a cover to keep in the Steem, and a hole in the middle to put in an Oar to row, or ſtir it; when the water is poured to it, put a little cold water to moiſten it firſt, and then fill the Caſk with that which is ſcalding hot, to plump and ſwell the Grain, and ſo ſtir it thoroughly; when it is near cold add half a Pound of Hops, and ſo let it ſtand till it is fit to

veſt, and then let it work 4 or 5 days, and when it is in height of its fermentation put the Liquor and Malt into a Still, raiſe the fire under it by degrees, and put not the head into the worm at firſt, for fear it ſhould boil over, and ſo foul it; but if you perceive the Vapours kindly to aſcend then put it in, and Lute all faſt, diſtill and rectify as before, and this is indeed a quick and profitable way of Diſtilling.

To make a ſort of Brandy.

TAke ſo much Malt as you deſign to diſtill, unground, boil it in a Kettle or Copper with fair water, till it break with exuberance or ſwelling, then pour it out into an open Cask, and being cold add freſh dregs of ſtrong Beer or Ale; let it ſtand 2 or 3 days to ferment, and then diſtill it as you did the Spirits, and by adding a little Coloſſus it will paſs among thoſe that are not very curious for good Brandy, and in this caſe by its protuberating, the burſt Corn cannot be burnt in the Still to give an unſavory Taſt and Smell, and by the decoction, or Boiling, the ill Taſt is taken from the Corn which would otherways tang the Spirit or Brandy, and being thus boiled and broken it produceth more Spirit, and

ſtronger, ſpending all its power and ſtrength upon it.

Brandy, little inferiour to French *Brandy, and exceeding ſome ſorts of it, to make,* &c.

THough we cannot afford to make any quantity of Brandy of foul Wines, o Lees of Wine, as in *France*, unleſs at an ex traordinary rate, they being refined and pu to other uſes more advantageous, yet w have wherewithal in this Kingdom, if me would be induſtrious to do it with, as we as other Nations, *viz.* Take ordinary C der that is not decayed, and may be had the Countries for little, if it be foul it ma ters not, 20 Gallons, decayed Grocers frui as rotten Raiſins, Currans, Figs, Dates, Pr ens the ſtalks off, which Mallaga-raiſins a pricked, and the ſifting of Currans, all whic may be had for little; boil as many of the as will ſuite to 20 Gallons of Cyder, in fo Gallons of moderately malted Beer, till th ſwell, and may be well maſhed, then p them all into the Cyder Liquor, and let the ferment with ſtirring four days, then diſ them as you are directed for *Aqua-vitæ*, a the firſt running will be an incompara Brandy, and to the laſt it will be pretty w and from this (at the Rate this Liquor n goes at) great profit will ariſe; if it be

Vint

Vintage time; the Husks or Preſſings of Grapes, Cherries, Peaches, Apricots, Plumbs, and the like, will be excellent; if it prove too ſweet a Spirit, that is eaſily allayed, when diſtilled with a few drops of Spirit of Salt, and it will not be diſcernable.

Another cheaper way to make Brandy.

TAke the grounds of Cyder and Perry, and if they be thick preſs them thro' a hair Bag, leſt they burn the bottom of the Still, put ten Gallons of theſe to 20 of Beer, not too ſtrong of the Malt, and four Gallons of Moloſſus, let them ferment together 3 or 4 days with ſtirring, put about a Gallon of White-wine, or Claret Lees, to them, and to diſtill other Spirits, and your Expectation will be very well Anſwered.

Of Malt Spirit, and what may be drawn off.

FRom 50 gallons of brewed Beer, or good ſtrong Waſh, in the firſt Extraction you may properly draw off 33, 34 or 36 gallons of Low-wines; and if they lie to better themſelves in the ſecond Extraction, they will produce 11 or 12 gallons of Proof Spirits, nay, ſome Malt 13 gallons, eſpecially if you put a Can or two of water into the Still, and by this way obſerve to encreaſe or leſſen your fire under the Still, as you ſee it runs more or leſs, and look well to

Of Honey, Molossus and Sugar, &c.

WHen you come to these Distillations, take an hundred weight of Sugar, Molossus, or Honey, and 12 or 14 Gallons of water to boil, as it may be fitting for the brewing of Malt; pour them into a large open Cask, or Fat, and stir them well together to dissolve and incorporate, and when they are so, and cold enough, head it sufficiently with Barm, or Yest, or instead of water you may use Small-beer, or Wash, and then the smaller quantity of Yest will serve, and when it has well fermented, you may add for the better flavour, what fragrant Flowers, Herbs, or Spices, you please, and if it be slow in fermenting, to encrease that cast in some pouder of Rhenish Tartar, the quantity in a measure proportionable to that of the Liquor, *viz.* 2 Ounces to a Gallon, and so let it stand till it is thoroughly fermented, and well headed, and you must watch to take it in the height of it ferment, for if the head once begins to fall which it will do as soon as the fermentation is declining, the Spirit will evaporate a-pace and much of it will be lost; and if you work well in this distillation, you cannot miss of 9 or 10 Gallons of Low-wines from every hundred of coarse or refuse Honey, Mola-

sus

ſus, or Sugar, which you may rectify into a very noble Spirit.

As for Sugars by which Herbs, Flowers and Berries are ſo fermented, as to yeild Noble Spirits, and good Wines, being diſtilled, take what Flower or Herb you pleaſe that is proper for this uſe, as ſuppoſe it ſhould be Elder-flowers, of theſe take a peck clean picked, bruiſe them in a wooden Mortar, to each peck of them add a gallon of Water, and to that 3 or 4 Pounds of ordinary Sugar, then cover them cloſe in a Cask to ſtand and ferment, which is known by their working, frothing and flowering kindly, and after that caſt a very fragrant ſcent, and if the Fermentation be ſlack, you may promote it with Rheniſh Tartar, as before, and ſo in the height of the ferment, Diſtill it, and it will yeild a very pleaſant Spirit.

Of Raiſins, and other things, uſed in Diſtillation, to make good Brandy or proof Spirits, &c.

RAiſins, and other Fruit, as I have already hinted, are very Excellent in Diſtillation, did not the dearneſs of thoſe that are good, over ballance the advantage accruing this way, as to ordinary Spirits; yet ſuch as are damnified, and fit for little or no other uſe, may be improved to advantage here; when you have them, bruiſe them in a Mortar,

and put them in fair water 6 Pound to 3 Gallons, and when they are in the Cask to make them ferment, throw in a large handful of Chriſtials of Tartar, or Rheniſh Tartar, but ſome there are who uſe *Calx-vive*, ferment them to the purpoſe, by adding Ale yeſt, Stum, or fixed Nitre and Flower, work it up in a warm place, draw off the Liquor, preſs the drugs out dry, and Diſtil theſe, and the produce will be excellent Low-wines, which being well rectified make a pretty good Brandy.

Of Low, Dead Wines, and their Dregs.

OBſerve in the diſtillation of theſe Dregs of Wine, you may ferment them with their decayed ones, or with the after-running of Low-wines, warmed, and covered up in a convenient Cask; and put a Pint of Stum to every Gallon, to ferment it; or in defect of this, take Barm, or yeſt; and it being ſufficiently ſo ordered, draw off the Liquor, and preſs out the Moiſture from the Drugs through a Canvas Bag, and ſo diſtil the Liquid part, that it may yeild as much as may be, and then rectify it it into proof Spirit, and in all your Fermentations you may uſe Stum, which is the Flower of the Wine; and obſerve, that from Low-wines, ſmall wines and Lees, Brandies are made

made in *Germany* and *France*; and may by Induſtry, be as well improved in *England*.

Some Diſtillers, to make their Spirits hot in the Mouth, to impoſe on the Ignorant, uſe Spaniſh Grains which will do it, but it adds not to the body of the Spirit, which is weak in it ſelf; wherefore, to prove it, put ſome in a Glaſs Viol, about half full, and Corking it cloſe, ſtrike it againſt your hand; and if the froth ariſing by the force continue, and go off leiſurely, then it is of a good Body; but if it ſputter, and run off preſently, then is it a weak Spirit, and of a cold Body, how hot ſoever it may taſte in the Mouth.

Having ſufficiently, as I hope, ſpoken of Spirits and Brandies to inform my Reader to put my notions in practice, and by that proceed to greater Matters and Experiments than words can direct him to, I now proceed to direct him how to prepare the ordinary Strong-water, Rich Cordials, and waters for other uſes, as beautifying, *&c.*

Anniſeed-water, to make it, &c.

Take a Pound of good Anniſeeds, ſteep them by Infuſion in 3 Gallons of Spirits of Low-Wines, or Proof-Spirits; but if your Spirits are high Proof, you may add a little Water in the Diſtillation, and then

then draw off the quantity the Spirits were. And this Rule may properly be used for distilling all common Waters with Seeds, were it not that the quantity is diversified according as they are in Strength; for, o Cardamums you must put two Pounds t the like quantity of Spirits: And as to th Herbs Angelica, Mint, Wormwood, an Balm, they are properly to be gather'd i their Prime, and dried in the Shade, tha the Sun, with their Moisture, draw not ou their Virtue too powerfully; and the pro portion is varied, according as you woul have the Water more or less in strengt of the Herb; and in this Case you mu consider the strength of each Herb, an accordingly proportion them; for handful of Wormwood or Cardus wi go farther than three or four of Bal Mint, *&c.*

Hearts-Ease, &c. *to make, and order*, &c.

TAke what quantity you please of *Aqu Vitæ*, or Artificial Brandy, and to ev ry Gallon put a Pound of Seeds of Heart Ease, and the like quantity of the Blosso well dried in the Sun; tye them up in Bag, put them into the Still, and draw long as you find any pleasant Taste in t Spirit; then sweeten it with the Syrup ma

f Heart's-Eaſe, and White Sugar; put it p in a Cask, adding to it 2 or 3 ſpoonfulls f new Yeſt, and the White of an Egg or wo, beaten up with Flower, whereby it ill have its Fermentation, and be refined fit r Sale; being a very pleaſant Water.

Now, obſerve, In the Diſtillation of this, ere will be apt to come over it an Oil, or hite thick Spirit; thus to be fined; As it omes, take a fine Holland Cloth, and rub very well on one ſide with Black Lead, nd bind the ſide ſo rub'd inward, towards e End of the Worm, and ſo the Thickneſs ill be kept back. And thus other Waters, the like nature, may be ordered, and pre-ared for Sale, or private Uſe, *&c.*

A rich Cinnamon-Water, to make it.

THE Brandy-Spirit is always preferable if you are to make any Rich and Cor-al Waters, eſpecially that made of Malt, any Brewers Materials, impregnated with Azure Salt, of a Vinous Nature; and en the Spirit will give a Fragrancy in its ſte.

For inſtance; Take of unwaſted Cinna-on 5 Pounds, Brandy-Spirit 5 Gallons, Su-r or Honey a Pound and an half; let them uſe 20 days, and then diſtil off the Spirit, ich dulcifie or ſweeten with its own Sy-

rup,

rup, and ſo it proves the beſt and trueſt Spirit of Cinnamon that can be made, and proper for Phyſical Uſe.

The beſt and proper Way for Colouring, Sweetning and Perfuming ordinary Waters, uſually expoſed to Sale in Diſtillers Shops, &c.

TO do this properly, take two Quarts of the cold diſtill'd Water of the Herb, and of the dried Herb two Pounds, Brazil half a Pound, more or leſs, as the quantity to be colour'd requires; to which add, of Sugar 6 Pounds; ſtir them very well, that they may be well mix'd; then gently decoct them in an Earthen Pot, with a cloſe Cover, 2 or 3 hours, ſometimes ſtirring them, and immediately ſhut the Cover; and when they are thus prepared, clarifie them with Whites of Eggs, well beaten; and when it is ſufficiently cool'd, ſtrain it through a Fuſtian Bag, called a Canopy; and to every Barrel of Water, add 5 or 6 parts of this Syrup with a Spoonful of Yeſt, to make it work and clear it ſelf; and in about 20 days it may be well expos'd to Sale, in good Condition, and Order.

A Syrup to make a Red Water, excelling that of London.

TAke of the beſt Roſe-Water 3 Quarts Red Saunders well pounded a Pound

Roſe

Rose-Leaves, Treacle, Honey, or rather Sugar, 10 Pounds; decoct these, as before directed; then, being cool, clarifie them with the Whites of Eggs, and add the whole quantity to a Barrel of *Aqua-vitæ*; so in a small Bag put the Whites of 3 Eggs, and a pretty good Spoonful of Barm, beat them well together, and infuse of Musk a Scruple, Amber-grease 10 Grains; and suffer the Bag, with these Ingredients in it, to hang in the Liquor, fasten'd to the Bung with a String, 14 days; and then draw it off for Sale, and it will prove an excellent Water.

Simples, proper for Colouring Waters.

THE Use of these are not barely to colour it, but to add to the Virtue of the Water; *viz.* Cochineel, Poppy-Leaves, Turnsole, the Roots of Alkanet, Rose-Leaves, Saunders, Brasil, Logwood, Mulberries, Raspberries, Blackberries, the Juice of Sloes when they are baked, the Juice of Black-Cherries, Dew-berries, and Saffron; being, most of them very wholsom, and cordial: So that they being, in their proper Seasons, to be had at easie Rates, you must take the Advantage of making the Waters at the Times proper, unless you husband them so as to keep the Juice and Syrup of the Fruits, to serve on all Occasions.

To

To make Right Uſquebaugh, *according to the Receipt of that which was made for the King's Uſe when he was in* Ireland.

TAke 10 Gallons of a good Brandy-Spirit, made from Strong Beer and ſome new Malt, Anniſeeds one Pound, Cloves Ounces, Nutmegs, Ginger and Carraway-ſeeds, each 4 Ounces; diſtil them into Proof Spirit, according to Art, as already directed for Proof-Spirits. This done, add to the liquid part Spaniſh Liquoriſh, Raiſins of the Sun ſtoned, of each 2 Pounds well bruiſed, Dates ſtoned, and the white Skin taken off 4 Ounces; Cinnamon, the like quantity; keep them 4 days in a cloſe Veſſel, well ſtop'd; and at the end of 3 days, add Grains of Muſk and Amber-greaſe diſſolv'd and dulcified with 5 Pounds of *Nevis*-Sugar; ſtir them well at times ten days, and ſtrain the liquid part through a Flannel fixed on a Sieve, or any other convenient place; fine it down with Whites of Eggs and Flower. Some there are that only draw off the Lees, into other Casks, that keep when fine. And thus, as you would have richer, or weaker, you may take better or worſe Spirits, or more or leſs of the Ingredients, though the way of making and ordering is the ſame.

Ac

Aqua Corroborans, *or the Heart-ſtrengthening Cordial-Water, to make it.*

TAke Betony, Bugloſs, Cowſlips, Balm, Sage, in the prime of their Sap, of ch an handful, Low Wines two Gallons; ſtil it into Proof-Spirits, and then put to Nutmegs, Gallenga, Cubebs, Cloves, Mace, ardamums, and Flowers of Melilot, of each Ounces; the Juice of Celendine 3 Pints, d the weight of all theſe in Proof-Spirits, urrant-Wine a Gallon, or, for want of it, hite-wine; let them ferment and digeſt hours with moderate ſtirring, then diſtil em in Balneo till the Herbs grow dry.

Its Virtues.

This approved Cordial fortifies the Heart ainſt Infections, ſtrengthens the Stomach, d creates a good Digeſtion; as alſo, the incipal Faculties being good in all cold ſeaſes.

Stomach-Water, to make it.

TAke of *Gaſcoigne*-Wine, or, for want of it, of Midling Spirits of Wine, a Gal-, Gallinga, Nutmegs, Ginger, Cloves, aniſh Grains, Anniſeeds, Carraway and nnel-Seeds, each an Ounce; Red-Roſe-aves, Mint, Sage, Pellitory, Cammonile, yme, Lavender and Avens, each a hand-; bruiſe the Spices in a Mortar, ſepa-

rate

rate and grosly shred the Herbs, put them well mixed, into Spirit of Wine, and let them stand 3 days in the Cold, keeping the Vessel close stop'd, or cover'd; then distil dulcifie and colour it with Syrup of Rasberries, or, for want of it, that of Mulberries, and it will prove a Sovereign Pectoral Cordial.

Plague-Water, to make it.

TAke the Roots of Rue and Sage, the Leaves of Angelica, of each 3 handfuls; White Ginger, Long Pepper and Nutmeg, each an Ounce and a half; Spirit of Elder a Gallon, the Husks of green Walnuts, or Walnut Leaves, 2 Pounds, Malaga-Wine 2 Quarts, *Venice*-Treacle and Mithridate, each 4 Ounces; digest them, grosly bruised, 10 days, and then distil them so long as any pleasant Water will come; and to that which comes over, add a Pint of *Hungarian* Water, and as much Syrup of Vinegar, with about 6 Ounces of Loaf-Sugar, and let it ferment with the help of the White of an Egg and a little Flower tied up in a Bag, 5 or 6 days, and so it will grow clear, and fit for Use.

Its Virtues.

It preserves against Infections and Pestilential Airs, Measles, Small-Pox, and all Pestilentious or Contagious Diseases: About an Ou

a time is a sufficient Dose to take, Morning, oon and Night. It helps Digestion, and onderfully fortifies a cold Stomach.

Aqua Multifaria, *to make it.*

His is a Water stiled to be of many Virtues. To make it, Take Bettony, Balm, Sage, ugloss, Cowslips, gather'd in their prime, each a handful; Bay-Leaves and Mother- ort, of each a handful and a half; Flowers Lavender, Rosemary, Lilies of the Valley, d *Rosa solis*, each a handful; Saffron two unces, the Juice of Celendine two Pounds, ood of Alloes an Ounce and a half, Tur- erick 4 Ounces, Spirit of Wine 6 Quarts: t these digest well 6 days, and distil them *Balneo Sal* artificially.

Its Virtues.

t is an Excellent Water for the Head, in he Pains and Afflictions incident to it. ases the Pains in the Breast, Heart, Liver, other Vital Parts; strengthning Nature, fortifying the Faculties; and contributes tly to Health and Long Life. But you t take it moderately, in small Doses; as, Ounce at a time. And if any of these Cor- s prove too hot for your Palate, or Con- tion, you may allay them with cooling le Waters; as Balm, Bugloss, Sabeons, nfrey, and the like.

Aqua Triplex, *or a Threefold Water, to make it.*

TO make this, take four Pounds of *Venice* Turpentine; Mastick and Frankinsense, of each two Ounces; Aloes Epatica, Date-stones, Laudanum Castor, the Roots of Bertony and Elicampaign, or each two Ounces; Cloves, Cardamums, Ginger, Nutmegs, Galingale, Zedoare, Pepper, Laurel-berries, Spicknard, Smallage-seeds; Mugwort-seeds, Anniseeds, flowers of Brasil, Elder-flowers, Red and White Roses, Lignum Aloes, Cubebs, *Calamus-Aromaticus*, Jumper-berries, Germander, Mace, Formentil, Agrimony, Fumitorie, Centaury, Pimpernel, *Dent Leon*, Eudine-seeds, Sorrel, yellow Saunders, Fetherfew, Aloes Kepatick, of each two Ounces; Rubarb, 3 Ounces; Raisins, Dried Figgs, Dates Stoned, and sweet Almonds of each 4 Ounces; Honey, 6 Pound; Sugar 10 Pound; Spirit of Elder, well rectified as much as is sufficient to cover all these ingredients about 4 Fingers; then add Musk and Ambergrease, of each two Drams; Saffron, two Ounces and a half; put all this into a Retort, cover the mouth with a Cork very sure, and then Lute it over; after that tye it fast with a bladder, and let them Macerate 40 days in Horse dung; then rem

it, and distil it in a strong Balneo, and at the first will come a white Spirit, then a saffron coloured, and the last will be red, with some Oil floating on it; Let each be received a-part: And when this Operation is over in Balneo, you may distil it on a violent fire, in Sand, to see what more may be gotten; for it is so precious, that none of it ought to be lost.

Its Virtues.

The first Drawing off is admirable to bathe Pains, Aches, or Numbed Joynts; proper for new Wounds, sore weak Eys; Plague Sores; for the Pearl and Web in the Eye, the Stone and Strangury.

The second Drawing, or Water, is a Remedy for the Corruption of the Blood, Leprosie, for the Weakness of Members, or the Ague.

The third Water Strengthens the Brain, and takes away cold Diseases that afflict it; as Rheums, Cattarrs, and Expells offensive Vapours, and is proper for the Palsie and Gout; with other Consonant Diseases.

The powerful United Spirit of Scurvy-grass, *to make it.*

DIstil from what quantity you please of *Scurvy-grass*-Wine a high Spirit, which

pour on fresh *Scurvy-grass*, and distil it again, repeating the Operation till it becomes very strong, of a Grass Green, and a fragrant scent, so that when it is fired it will burn clean away without leaving any moisture behind it, then by distillation make the Oyl of *Scurvy-grass*, and by Calcination its fixed Salt, and so according to the Sagirical Art reunite these, and then you have the powers, and whole Virtue of the Herb, looking of a curious green.

Its Virtues.

This is an excellent Remedy for the Scurvy; it gives Circulation to the Blood, by disolving and dissipating congealed Humours; it destroys not only the Salin, but also the Acid and Crude Humours from whence the Scurvy hath its Original, whether contracted by eating gross, raw, or crude Fruit, raw Herbs, salt Fish or Flesh.

For the Scurvy, Jaundis, Ptisick, or shortness of Breath; these powers may be used at any time, the oftner the better; the Dose is from 10 to 30 in a Glass of Beer, or any other convenient Liquor, and after the spending 3 or 4 Bottles, you may take the golden Spirit, usually Sold, about half a Bottle of it once a week, keeping your self warm, and taking comfortable Diet after it

and ſo the relicks of the Diſeaſe will be carried off, the Blood purified, and ſuch Crudities as bred Worms deſtroyed.

The powerful United Spirit of Elder, *to make it.*

TAke *Elder-Wine*, made as I have directed in the 3d Chapter, as much as you think convenient, adding thereto Elder-flowers; let them ferment in it, and take it at the height of Fermentation, when it has the greateſt Fragrancy, leſt it loſe much of its Vivor, Strength and Spirit; put it into a Still, and diſtil it as long as any goodneſs will come; but obſerve, thoſe Wines made for diſtillation ought to be that of the Juyce preſſed out only, and no Water added, adding its proper ferment, and ſome Sugar and Honey to help it on; add freſh Flowers in their prime, and reiterate the Fermentation and Diſtillation, and ſo the Spirit will be very fragrant, purely impregnated with the Virtues of the Concret, and to every Pound, or Pint of this Spirit, add an Ounce of its Salt, and two of the Oyl, and ſo unite them together.

Its Virtues.

The Virtues of the Powers are many, and rare: It cleanſes the Blood, and expels Hypocrical Humours, and is good in Obſtruc-

ctions: It takes away Putrifaction and Inflammations in any part of the Body: It clears and cools the Skin. The Oil of it is excellent against Scorbutick Humours; as, the Itch, Piles, Bruises, Strains, or any Cold settling in the Joints; and allays the Pains of the Gout. In Convulsions, Palsies, Vertigoes, Calentures, or sudden Swoonings, 'tis very prevalent. Twill last many Years carried by Sea or Land. And upon the Approach of a Proxism, if you drop 20 or 30 Drops into a Glass of Water, and drink it, 'twill wonderfully abate the Violence thereof, and strengthen Nature: Dip also for this the Corner of your Handkerchief in it, snuff up the Scent, and smeer the Temples with it.

For Children, 9 or 10 Drops are sufficient, in a Spoonful of Water, sweeten'd with Sugar, or the like: But the Mother may take a full Dose, as 20 or 30 Drops whilst the Child is sucking, and then the Prevalency of it will appear. It also abates the Oppression of Wind, which Children are much subject to. It helps Diseases in the Breast; as, Asthma's, Dropsies, Spitting of Blood, Consumptions, and such like. It creates a good Appetite; and 'tis good for many other Things.

T

The Powerful United Spirit of Rosemary, to make it.

TAke a sufficient quantity of the Flowers of Rosemary, in their prime, infuse them in Rectified Spirits of Wine, then distil them, and unite the Spirit with the proper Oil and Salt; which far out-does the *Hungarian* Water. And by these Examples, you may be enabled to prepare what Powers you will from Herbs, Flowers, Gums, *&c.*

Its Virtues.

This not only beautifies the Face, Hands, *&c.* to admiration; but also, 20 or 30 Drops being taken in a Glass of Wine, or any other convenient Liquor, fortifies the Heart, cleanses the Blood, recovers the fading Spirits, causes a fresh and ruddy Complexion, is good against Fits, and helps in any cold Disease; prevents Faintings and Swoonings, drives our bad Airs or Vapours contracted in Infectious Places.

Elixir Salutis, *the best Receipt.*

TAke of Guaiacum, the dried Roots of Elicampaign, Carraways, Coriander, and Anniseeds, each 2 Ounces; the Leaves of Senna 4 Ounces, Raisins of the Sun ston'd half a Pound, Liquorice 2 Ounces; infuse these in 3 Quarts of good Brandy 4 days,

then draw it off, and infuse in it half an Ounce of good Ruburb, thinly slic'd; when the Ruburb is well infused, put it into small Bottles, and keep it well stop'd.

Its Virtues.

This Elixir, so much fam'd, and long kept as a Secret, purifies the Blood, carries away slimy Matter from the Bowels, eases Pains in the Belly, removes Gravel and Sand, bringing it away with Ease, by taking 2 or 3 Spoonfuls of it Morning and Night.

Elixir Proprietatis, *to make it.*

TAke Aloes, Myrrh and Saffron, of each half an Ounce, infuse them in 3 Quarts of Spirit of Wine, drop in a few Drops of Spirit of Sulphur, then let them digest in a Glass well stop'd 30 days; at the end of that time, having often shaken it, you will perceive a black Tincture on the top, pour that off, and let it stand 24 hours, then decoct it till no Fœces remains at the bottom. Take a moderate Spoonful of this in a Glass of Wine, in a Morning, fasting.

Its Virtues.

'Tis exceeding helpful in Agues, or Rhumatisms; and, indeed, in any cold Diseases. It fortifies Nature, and gives a lively, fresh Complexion. But observe that you continue temperate in Meats and Drinks the day you

you take it, that it may work the better upon the Crudities, and disburthen Nature of what is oppreſſing, and moſt noxious to her.

Marigold-Flower-Water, to make it.

TAke a quarter of a Peck of well-blown Marigold-Flowers, dry them a little in the Sun, put to them a Quart of Spirit of Wine, and diſtil them in a cold Still till they become dry.

Its Virtues.

This is admirable for Pains and Noiſes in the Head: It cures Inflammations in the Eyes, and Heart-ſickneſs.

The curious Cordial, called Dr. Stephens's *Water; or, The Golden Cordial; how to make it the right way.*

TAke a Gallon of Claret, or brisk Canary, not over-ſweet; of Ginger, Cinnamon, Grains of Paradiſe, Nutmegs, Gallingale, Annil and Coriander-ſeeds, each 3 Drams; Mint, Sage, Roſe-Pellitory, Roſemary, Wild Marjorum, Wild Thyme, Cammomile and Lavender, of each a handful; beat the Spices very ſmall, cut and bruiſe the Herbs, put them to infuſe in the Wine 24 hours, and then them in an Alimbeck.

This is called *the Golden Cordial*, and is a great Fortifier of the Heart and Stomach: is good in Peſtilential Diſeaſes; and is a long

long Continuer of Health, even to extream Old Age.

Orange-Water, to make it.

TO make this, pare *Sevill*-Oranges, and put the Piels into Low-Wines, or Spirits, and distil them, and it will produce a curious Water, both for Scent and Taste. 'Tis sometimes, in Proof-Spirits, done only by Infusion.

This, with a little Saffron infused in it, is an excellent Cordial to ease Pains in the Head, Heart or Spleen, and very much warms and enlivens the whole Body.

Surfeit-Water, to make it.

TAke good Brandy, as much as you think convenient; steep a good quantity of Red Single-Poppy-Flowers in it, the black Bottoms being taken away; and when, by Infusion and squeezing, the Brandy is well tinctur'd with them, put in fresh ones, till it becomes deeper dyed; then take of Ginger, Cinnamon and Nutmeg, 2 Drams each, to a Quart of the Liquor; bruise them grossly and infuse them; then to every Quart, add a quarter of a Pound of Loaf-Sugar; let this infuse 20 days, then strain off the Liquid Part and keep it for Use, as an excellent Cordial in case of any Surfeit, or Over-charging: It eases Pains in the Head, and strengthens the Heart.

A

And ſo, from theſe, I ſhall regularly proceed to other curious, uſeful Things, pleaſant and profitable; and, in all Particulars, make good what I have promiſed; with many Additions.

CHAP. IV.

To make Perfum'd Waters, and ſuch as are proper for Scenting and Beautifying.

Roſa Solis, *to make it.*

PUT 2 Pounds of Sugar to a Quart of Water, in a Copper Veſſel, over an Ember Fire; let them ſeeth to the Conſumption of a fourth part; then put in ſpoonfuls of Orange-Flower-Water, and throw in an Egg, White, Shell and all, well beaten, ſtir it well with a Whisk in the Liquor; and when it boils take it off, ſtrain it well 2 or 3 times; and when it becomes clear, pour into it a Quart or 3 Pints of right Brandy, and add Eſſence of Hypocraſs, or Amber, and it will be a curious Perfum'd Roſis.

Eſſence of Hypocraſs, to make it.

TAke a Glaſs Bottle that is very ſtrong, pour in half a Pint of Spirit of Wine, and half an Ounce of groſly bruis'd Cinnamon,

mon, half an Ounce of Cloves, a Groſs o
Ginger, and a few Coriander-ſeeds well brui
ſed, 4 Grains of Black Amber, or Amber
greaſe, done the like in a Mortar; the
corking down the Bottle very faſt, expoſe
in Sand a Month to the Sun, and it wil
prove a curious Perfum'd Cordial. By thi
Rule you may make greater Quantities. Bu
never let the Bottle be full, leſt it break with
the ſtrength of the Spirit.

Orange-Flower-Water, to make it.

TAke 2 Pounds of Orange-Flowers, infuſ
them in 3 Pints of White-wine, and the
diſtil them, and they will yield a curiou
Spirit. But if you deſign this only for a Per
fume, or Waſh, they may be infuſed in fai
Water, and drawn off in a cold Still.

Milleflure, *or a Thouſand-Flower-Water, to make it.*

TO make this, Take a ſtrong Glaſs Bottle
and put into it a Pint of Angel-water
beat 12 Grains of Musk in a Stone-Morta
and put it into the Bottle; then put in wh
wholſom Flowers you pleaſe that are of
curious Scent, more of the weaker than th
ſtronger, which may temperate and alla
them with the Water; and when they ha
been infuſed 24 hours add a Pint of Spirit
Wine, and pour off the Water; and it wi

be both an excellent Cordial, and a curious ſcented, beautifying Waſh.

Angel-Water, to make it.

PUT a Quart of Orange-Flower-Water in a well glaz'd Earthen Pot, add 2 Ounces of Storax, a quarter of a Pound of Benjamine, half an Ounce of Cinnamon, a quarter of an Ounce of Cloves, and 3 bits of Camus; ſet the Earthen Veſſel over a gentle fire, or Embers, till it ſimmer to the Conſumption of a fourth part, then add a Bladder of Musk, and ſo let it cool; pour it by inclination from the Settlings, and keep it in a Glaſs-Bottle, cloſe ſtop'd.

Eſſence of Amber, to make it.

GET a ſtrong Glaſs-Bottle, and into that put a Pint of Rectified Spirit of Wine; beat in a Stone-Mortar a Groſs, or the eighth part of an Ounce of Black Amber, or rather Amber-greaſe, put this into the *Spirit* of Wine, with half a Groſs of the Bladder of Musk, very ſmall; ſo ſtop the Bottle cloſe, let it for 14 days on *Sand*, expoſed to the warm *Sun*, ſhaking it twice or thrice a day; but never fill the Bottle full, for fear of breaking; and when you have thus done, let it ſtand quiet, without ſhaking, another fortnight, and it will be a curious perfumed *Spirit*.

Hunga-

Hungarian-Water, to make it.

PUT into a large Bottle a Quart, or some what more, of *Spirit* of Wine, a hand ful of Rosemary-Flowers, some Tops o Thyme, Marjorum and *Sage*; keep it clos stop'd, and set it a Month in the *Sun*; di solve the quantity of a Filbert of Orcanet i some *Spirit*, and put into it, and let it stan another Month, and it will prove a curiou scented *Spirit*.

To reduce Spirits for making of Cordials.

THE Reduction of *Spirits* is no more tha to bring them to a middle Temperatu by uniting the Aqueous Parts with the mo *Spiritual*, and fermenting to an *Union*. T do this,

Take a Quart of Water and a Pound Loaf-*Sugar*, boil them for half an hour v ry well together, or till you find them w incorporated, then let the Liquor cool til is proper to put Barm to it; and when i luke-warm, put in *Spices* as your Fancy le you, *viz.* Cinnamon, *Jamaica*-Pepper, C rice-Roots, Cloves grolly bruis'd and slic and being pretty cool, add your Barm, let it work up sufficiently; then you m use it for Bottling of Ale, Mead, Cyder Wines, putting about two spoonfuls to e ry Bottle, a little Orrice-Root, and a

G

Grains of Cryſtal of Tartar, and a bit of Loaf-Sugar; and corking them cloſe, ſet them in a cool place, and they will drink exceeding brisk, and have a curious Flavour.

To make curious Cordial, Take of this Liquor and *Aqua Corroborans*, half a Pint of the one, and a Pint of the other, 4 Ounces of Balm-Syrup, and mix them by well ſhaking in a Glaſs-Bottle.

An excellent Cordial-Water.

TAke Balm and Plantane-water, of each a Pint, Cinnamon half a Pound, digeſt them 3 days, and diſtil off the Water, and add of this to any ſtrong Cordial Spirit equal parts, and half the weight of Syrup of Clove-Gilleflowers or Violets, then a little Cochineel, and it will be a curious ſtrengthening Cordial.

The Virtues of theſe Cordials.

The Firſt reſiſts Peſtilential Airs, ſtrengthens the Heart, allays the Heat or Ferment of the Blood, helps in the Green-Sickneſs, Jaundice, and the like.

The Second is good, and taken ſucceſsfully, in all cool Diſeaſes; as Agues, Dropſical Humours, Colds, Rhumatiſms, cold Aches or Pains afflicting the Nerves, cold Faintineſs of the Stomach or Bowels, Numbneſs, Cramp, and the like.

CHAP.

CHAP. V.

A Treatise of High Etherial Spirits, of force to fire Gun-Powder; and of making several kinds of Varnishes by their Means and Help.

To make a high Spirit, proper for China, Japan *and* Lac-*Varnish.*

TAke of Bay-Salt 3 or 4 Pounds, decripitate it very well, and give it a great Degree of Fire, but prevent its melting by well stirring it with an Iron Rod, till it is reduc'd to a curious fine Powder; and before it is quite cold, put it into a Still, pour gently on it 2 Gallons of *Aqua Vitæ*, Brandy-Spirit, or any other Spirit, and gently distil it in *Balneo* till all is come over; and by this Means the Phlegm will remain in the bottom, and your Spirit will at one Distillation be more fine, than at 2 or 3 when there is no Salt.

To know the Proof and Goodness of it, put some Gun-powder in a *Spoon*, or any thing made of Metal, pour on it some of the Spirit, and fire it, and when the Spirit burns out, if the Powder goes up in a Blast, then is it a sufficient Spirit: And to try the greater strength of it, hold the Spoon or Silver Taster in cold Water whilst the Spirit is burning, but let no Water come into it.

The Uſe of this Spirit to prepare Varniſh as Gold-Lac.

TAke of Seed-Lac 8 Ounces, of the fineſt Gum-Sandriack in Powder 4 Ounces, mix theſe very well, and put them into a large Glaſs Bottle, and put to them 4 Pounds of the Spirit; obſerve that one third of the Glaſs be fill'd, and, with Hay twiſted about it, place it in *Balneo Mariæ*, and ſuffer it to ſtand till as much of the Gums are diſſolv'd as will be, which may be in about 8 or 10 hours, with often ſhaking, ſometimes over the *Balneo*; then take Guttagamba an Ounce, *Sanguis Draconis* half an Ounce, diſſolve theſe in it, and ſtrain out the Varniſh, keeping it cloſe ſtop'd for Uſe: Some, inſtead of Guttagamba, uſe Turmerick; others, Saffron, to raiſe the Golden Colour. Gum-Anima makes a White Varniſh; and Gum-Spelt, a black one.

To make China-*Varniſh.*

TAke Rectified Spirits of Wine a Pint, put it into a clean Bottle, and add to it of Gum-Lac 5 Ounces, ſhake them well, and let them ſtand 24 hours in a moderate Heat, ſuch as the Sun may give in the Summer Seaſon, then ſtrain it through a Canvas Bag, and being well ſettl'd by the Fire, keep it in Bottles cloſe ſtop'd for Uſe.

To make the Black Ground for Japan-*Work.*

THE Ground is of the above-named Varniſh; mix it in a Gally-pot with ſome of the following Blacks, covering the Work 3 or 4 times, and wath it over with clear Varniſh ten times, let it be done in a Stove, and poliſh it at the end of 8 days with Trippilo.

To make the beſt Black, Take an Earthen Lamp, and put into it a large Cotton, then fill it with Linſeed-Oil, and receive the Smoak in a new Earthen Diſh, and with a Feather, from time to time, as it comes on, bruſh it off, and keep it for Uſe.

To make a Red Varniſh.

MIX Vermilion with the Grounds of the Varniſh, with which cover the Work well 3 times; then ſtrain in Carnation Red, through a fine Linen Cloth, into the clear part of the Varniſh, with which varniſh the Vermilion till the Colour is pleaſing to your Eyes; then with the clear Varniſh alone go over with it 10 times, then let it dry 7 or 8 days, and poliſh it with Trippilo, as the other.

To make the Ingredients for Raiſing the Work, mix a ſixth part of Wenting, and one part of Bole-Armoniack in fine Powder; make them the thickneſs of Cream in Gum-water, and lay them on: To ma

the Gum-water, is no more than to dissolve an Ounce of Gum-Arabick in a Pint of fair Water.

To make a Varnish for Silver.

TO do this, take a Pint of the Spirit of Wine, put to it 4 Ounces of Gum-Sandriack, and one Ounce of Mastick, shake them well, and let them stand 24 Hours in a moderate Heat.

To make another China-*Varnish.*

TAke of Seed-Lac 10 Ounces, Gum-Sandriack an Ounce and a half, put these into a Can of Rectified Spirits of Wine, shake them considerably together, and let them remain 48 hours in a moderate Heat, then strain it through a Canvas Bag, and let it settle in a moderate Heat 4 or 5 hours, then drain off what is clear, and keep it apart.

To make White Varnish.

TO do this, Take 3 Ounces of pick'd Sandriack, and 2 Ounces of Mastick, and put them to a Pint of Spirit of Wine, and let them dissolve well in a moderate Heat, and pour off the thinner part.

To make a Raw Varnish for Musical Instruments.

TAke 3 or 4 Ounces of the deepest colour'd Amber, and put it into a well

Leaded Pot, and melt it on a Charcoal-fire, ſtirring it with an Iron Spatula; and when it is melted it will be of a dark Colour, like Clarified Roſin; then pour it on a Marble Stone.

To purifie the Oil, Take of the beſt Linſeed Oil, ſo much as will ſuffice, put it into a new well leaded Pot, let it boil well, and ſcum it often; and when it is enough, which you may know by putting in a Gooſe-Quill, and it will not burn, ſtrain it, and keep it for Uſe.

Then take of this Oil one Pound, of Amber above-mention'd 6 Ounces beaten very ſmall, let them heat on a gentle Fire, keeping them continually ſtirring till it be diſſolv'd; if it be too thick, add more Oil; and if too thin, more Amber; and when it is of a proper Thickneſs, ſtrain it through a Cloth, and cloſe ſtop it up for your Uſe.

To Black Wood.

TAke a Quart of Brandy, the like quantity of Spring-water, and two Ounces of Nut-Galls, the like of Salt M. boil them half an hour in an Earthen Pot cloſe cover'd; then take a Spunge, dip it in, and with this Water cover the Work once in 4 or 5 hours, at leaſt 30 times

every time, before it is quite dry, lay on the following Dye:

Take of ſtrong Vinegar 2 Pounds, the Filings of Iron one Pound and an half, of Ruſty Iron a little more than a Pound, *Salt* of Verdigreaſe an Ounce and an half, Nut-Galls a Pound and an half, a Penyworth of Ox ſublim'd, a piece of the Busk of Bois-Dean, and a Limon cut into 4 quarters; let theſe ſteep 15 days in an Earthen or Iron Pot, cloſe ſtop'd; and when it is dry, poliſh it with Trippilo.

To Guild this.

TO do this, the Proportions are, Of Bole one Pound, of *Sanguis* or Red *Stone* one Pound, of Black-Lead an Ounce, of Tallow an Ounce and an half; ſteep the Bole in Water, and then pound the Red Chalk and Black Lead, and afterwards grind them fine with the Tallow, grind the Bole by little and little, then mingle them together, and cover them with Water.

To a ſpoonful of this, put 2 or 3 ſpoonfuls of Water, and the quantity of a Walnot of ſtrong *Sope* Leay on 7 or 8 Couches.

CHAP. VI.

To make divers sorts of wholsom and pleasant English Liquors, *not yet treated of; some for usual Drinks, others Purging, &c. with the Virtues of the latter.*

Dr. Buttler's *Ale, the best Receipt: To truly prepare it.*

TAke of Sarsaparilla 2 Ounces; Senna, and Polipody of the Oak, of each 4 Ounces; Anniseeds and Caraway-seeds, of each half an Ounce; Liquorice, 2 Ounces; Agrimony and Maiden-hair, of each a small handful; Scurvy-grass, 10 handfuls; Grosly beat and bruise these in a Mortar of Stone, or Wood; put them into a new Canvas Bag, and hang them in 9 or 10 Gallons of Ale when it has well worked, and is 3 days old, and the 4th or 5th day it will clear up so that it may be drank with pleasure, a Pint at a time.

Its Virtues.

It chiefly Purges by gentle Breathing, sweats and Urine, being Excellent to Expel scorbutick Humours and Dropsy: It removes Gravel, smimey Matter, or other Obstructions in the Writers, or neck of the Bladder, thins and sweetens the Blood; is good against all pricking pains, or Head-aches.

To make Hypocrass *a new way.*

TAke 5 Ounces of *Aqua-vitæ*, 2 Ounces of Pepper, 2 of Ginger, and 2 of Cloves, Grains of Paradise 2 Ounces, Ambergrease 3 Grains, Musk 2 Grains; let all be Infused 24 hours in a glass bottle, on warm embers; and when you would use it to make Hypocrass, mix a Pound of fine Sugar, and a Quart of Wine, or Cyder; and when the Sugar is well dissolved, add to it 3 or 4 drops of this Liquor, and your Expectation will be fully answered.

This is an Excellent cooling, refreshing Liquor, and Exceeding wholsome, as well as pleasant, at all Seasons.

To make Limonade.

SCrape what quantity you think fit of Limon-peel into Water and Sugar, to which add some Drops of Essence of Sulphure, with some slices of Limon and Sugar; *viz.* half a pound of Sugar to every Pint of Water; and let them well Infuse.

This is an Excellent cooling Liquor in the Summer-season, admirable in Fevers, and in all hot Diseases, as well as pleasant on any occasion.

The way to make a good sort of Mum

TAke a Hogshead of Water, boil it to the Consumption of a third part, and pu

in 3 Bushels of ground Horse-beans, and a Bushel of Wheat, brew it according to Art, draw off, and press out the Liquor, and put in so much more as may make, in its consumption, or boiling, to a third part, the Hogshead full; but when it is turned fill it not too full at first, that it may the better work; which, when it begins to do, put to it some of the inward Rhind of a Fir-Tree, 3 Pounds of Birth, the Leaves and tops of a Fir-tree; each one Pound; *Cardus Benidictus* dryed, 3 good handfuls; Burnet, Bettony, Rosmary, Marjorum, Avens, Peneroyal, Elder-flowers, wild Thime, of each one handful and a half; Cardamum-seeds bruised three Ounces, Bay-berries an Ounce; put the seeds into the Vessel when it hath wrought a while with the Herbs; and when they are added, suffer the Liquor to work over the Hogshead as little as may be; fill it at last; and before it is stoped, put into it 10 new-layed Eggs, with their shells whole, stop it close, and let it stand 3 Quarters of a Year, or more, to Ripen: A little Horse-Radish, Watercresses, and wild purslley are added by some; and, indeed, the Horse-Radish makes it drink very brisk, but gives it a Tang.

To

To make Punch Royal.

TAke one Pound and a half of Loaf Sugar, and diſſolve it in 2 quarts of Water; and if there be any droſs in the Sugar, ſtrain the Liquor through a Cloath; then add a Pint of Rheniſh Wine, 6 Ounces of Limon Juice, or the Juice of 4 large Limons, 7 or 8 drops of the true Spirit of Salt, and a Dram of Alkermes, or 2 Grains of Musk, 3 of Ambergreaſe, a Quart of ſtrong Brandy, and a whole Nutmeg grated, with half an Ounce of Cinnamon, and a quarter of an Ounce of Ginger finely ſcraped, or beaten: Stir theſe till they are very well mixed, and then head it with a good Toaſt, or Sea Bisket; you may likewiſe, when it is thus prepared, in what quantity you pleaſe, proportionable to theſe directions, bottle it up, and it will keep long, and drink exceeding brisk.

The beſt way to make Cyder, *and order it.*

TAke Redſtreaks, Peppins, Pearmains, Reenetings, Golden Peppins, or ſuch Apples as pleaſant Fruit as your Orchard or the Country will afford when they are indifferent ripe, ſo that upon the Tree ſhaking, they will fall with tolerable eaſe; bruiſe or grind your Apples very ſmall, and when they are come to a maſh, put them into a hair bag, and ſqueeze them by degrees, not over

over haſtily, by turning an Iron Crow in the Screw; put in the Liquor, well ſtrained through a fine Hair Sieve, into a Cask well ſeaſoned, and aired with a Lighted Rag dipped in Brimſtone; then maſh the preſſing with a little warm Water, and add a fourth part of it, when preſſed out, to the Cyder; and to make it work kindly, heat a little Honey, 3 whites of Eggs, and a little flower together; put them into a fine Rag, and hang them by a ſtring to the middle of the Cyder Cask, then put in pretty warm, about a Pint of new Ale yeſt; let it work, and when purge it ſelf from droſs, 5 or 6 days, then draw it off from the Lees, into ſmaller Casks or into Bottles, as your occaſion ſerves; and if the latter, leave an Inch vacant from the Cork, leſt the Bottles fly, or break; and if any ſuch danger appears, which you may perceive by the ſinging of the Air through the porous parts of the Cork, then it will be requiſite to open them, to let out the fermented Air that threatens to burſt them. In Winter cover the Casks, or Bottles warm, for fear of Freezing or Chilling; but in Summer place them as cool as you can, leſt the heat make it ferment, ſo that it taint, become mouſty, grow thick, ropey; and that it may the better feed, and

keep its body, put little lumps of Loaf-sugar into it.

Summer Cyder, for present spending, to make it,

TAke Codlins, or other juicy Summer Apples, not too sweet; or if they be, lay them with those that are sowrer, not gathering them too ripe, but when they begin to turn, and lay them to sweat in Hay or Straw for 2 or 3 days, then quarter them, and take out the Coars and Kernels, then bruise and press them as the former; boil some sliced Codlins and sliced Quinces in fair Water, with a few tops of Rosemary, and blades of Mace, and mash this Water with the pressings of the Apples; press it out as before, and mix a fourth part with the Cyder; put it up, and add 2 Quarts of white or Rhish Wine to every 12 Gallons; purge it as the former, draw it off when settled, and keep it cool for present spending, for it will not keep longer than *September*.

To procure very Rich Cyder, without distilling.

TAke a Hogshead or lesser Cask of Cyder, when the frost is very violent in the Winter, expose it abroad so that it may freeze in the outward parts, and then the main strength and heart of it will retire to the middle, which will, in an Hogshead, be about 12 or 14 Gallons, when the weaker

part

part is over-powered by the cold; and thi
drawn off, and Bottled, will prove as Co
dial as Sack.

This way is frequently used in *New-Eng
land*, and other places, where Cyder is plen
ty, and at a cheap rate: And that which
frozen, may be, by heat of Fire, or the Su
in Summer Season, reduced to a tolerabl
good Vinegar, proper particularly for Pick
ling of Fruits, Flowers, Herbs, Roots, *&c.*

Perry, to make it.

TAke Red Catherins, Orange-Pears, an
some Winter Pears, mixed together
none over-ripe; cut them in Quarters, an
take out the Coars; then put them to soa
in warm Water, sweetened with a little fin
Sugar, 12 hours; then take them out, an
press them, when bruized, as the Apples
boil the water they were soaked in, to th
Consumption of a third part, and put it t
the pressings, add of this squeezed out, to th
proper Juice of the Pears, work it as th
Cyder, and put in a few lumps of Loaf Su
gar for it to feed on; and being well fined
and drawn off, it will drink brisk, and ex
ceeding pleasant: If it grows thick, or b
over-sweet, put to it a Quart of Rhenish
wine, whereing two Ounces of Cristal o
Tartar has been dissolved, and the Perry wi
agai

gain ferment, and fine it self, coming to be of a curious brisk Taste, and sparkling.

To make Matheglin, *the best way.*

TAke clear Spring-water, seeth it over a gentle Fire, scuming it till no more scum arises; then add the Tops of Rosemary, wet Marjoram, Balm, Sage, and Sursafrax, of each an handful to 4 Gallons of Water, and so proportionable to a greater or lesser quantity; let them boil 3 or 4 hours, and when it has so done, set it to cool a night, then pour it off gently from the Setlings, and strain it; then add of the best Honey, as much as will very well sweeten it; take the whites of 20 or 30 Eggs, beat them very well, and when it is over the the Fire, and boils, pour them in at twice, stir it well, and then let it boil apace before you scum it; and when it is boiled sufficiently, pour it into a cool Glazed earthen Vessel; when it is cool again, pour 5 or 6 Spoonfuls of new Ale yest upon it, stir it every day, and scum it with a bundle of Hyssop, or some sweet Herbs, till it has done working, and then put it up into a Cask that has had Sack or Malaga in it, if you can get one; otherwise, season your Cask with Water wherein sweet Herbs have been boiled; let it have vent for 3 days after it is put up, then stop

it close; yet when you hear it make a noise you must give it vent with a Pierces, else if it force not out the Cork, it may happen to make the Vessel fly in pieces.

To make this the richer, slice Ginger, Cloves, Cinnamon and Nutmegs, and putting them into a thin Bag, hang them by a string in it; and if it wants a good Body add a Quart or two of Canary, and in two or 3 Months it will be fit for use.

Its Virtues.

It is an Excellent Pectoral Drink, good against Consumptions, Physicks, and the Asthma; it is cleansing, and diuretick good against the Stone and Gravel, it is restorative, and strengthening, a great Comforter of the Vital Parts, and affords good Nourishment; it is cooling and pleasant to healty persons; and agrees better than Wine with all Constitutions.

White Mead, the best way to make it.

TO do this, Take the Tops of Rosemary Thyme and Sweet-Bryar, the Wood of Agrimony, Eye-bright and Roman Wormwood, of each a like quantity, *viz.* as much of each as you can hold between your Finger and Thumb, which, in Physical Account is called a Pugil; cover these with Spring Water, let them continue to infuse a Night

d a Day; ſo take them out, and boil them another clear Water, till the Colour comes gh; ſo ſhift them into another Water, and il them up till the Colour looks green, and ffer them ſo to do as long as any green- ſs continues; then, with the Herbs in the iquor, let it ſtand 24 hours, then ſtrain out e liquid part, and to every Gallon of the iquor put 2 Pounds of Virgin-Honey, and hen it will bear an Egg about the breadth 'a 2 Pence above the Water, then workit ell together, ſo that all the Honey may be ſſolv'd; then let it ſtand 12 hours, and then oil it again a quarter of an hour, with 26 hites and Shells of Eggs: This done, let cool, and put it up into a new, well ſea- n'd Cask, or Bottles, with Spices, ſuch as ſt affect your Palate, which, if in a Cask, ou may hang in a Bag, as has been direct- d in other Liquors; but if bottled, then reak into it little bits of Nutmeg, Mace, innamon, *&c.*

If you are deſirous to drink this pleaſant oling Liquor ſpeedily, then, to fine it, beat wo Whites of Eggs, with a ſpoonful of Yeſt, nd 2 of Wheat-Flower, and put it into the ask; ſuffer it to work well, and then ſtop up, and in 9 or 10 days you may uſe it, tho' will keep brisk a very conſiderable time.

A Brown Sort of Mead, looking some-what like Canary: And all the difference is the last is not boil'd to the heighth of the first; and instead of Wood of Agrimony some use Wood of Sarsafrax, which gives it a pleasant Taste and Colour: In all other Matters you may do it as the first; only add a little handful of Borrage and Balm.

Both these are very cooling and wholsom Liquors, wonderfully refreshing in hot Diseases, and in the sweltry Seasons of the Year.

This, with Surups mix'd with it when you come to drink it, may not only be chang'd into the Colour of sundry sorts of Wines, but be varied in Taste to make it more grateful to the Palate.

To make excellent Coffee.

BOil curious Spring-water 6 hours, or more; put into it, tied up in a fine Rag, a little handful of sweet Malt and Bay-berries, two parts of the first, and one of the latter; then draw it off into lesser Pots, and to a Pint and an half of this Water put two Ounces of good Coffee-powder, stir it well in, and set it before the Fire, to bubble up, and it becomes rich in taste of the Coffee; then let it settle well, and pour it not out too hastily, but rather by Inclination.

Its Virtues.

This, moderately drunk, removes Vapours from the Brain, occasion'd by Fumes of Wine, or other strong Liquors; eases Pains in the Head, prevents sowr Belchings, and provokes Appetite.

To make the best Tea.

SET on your Boiler with fair Water, put into it a few Tops of Hyssop, let it boil as the former; then add a few Leaves of Sage, and a Lump of White Sugar or Sugar-Candy; and drawing it off into less Pots, put to every Pint of the Liquor a Dram and half of the Herb Tea, and put it before the Fire to settle, and heat, and infuse well, but if it boil any thing after the Tea is in, much of the strength will evaporate, and leave it weaker than otherwise it would be; Sweeten it with fine Sugar when you pour it out, more or less, according to your Pa-

To make the best Chocolate.

Take of Milk and Water an equal proportion, let them boil, and well incorporate, but not too long, keeping it stirring, lest it burn too, and spoil; then add of your Chocolate-Cakes, grated fine, an Ounce and a half, or two Ounces if you would have it richer, to every Quart of the Liquor; then

take it from the Fire, and add to it the Yolks of 2 New-laid Eggs, beating them well, with as much fine Sugar as will sweeten it; then mill it with a Mill for that purpose till it becomes thick, and proper for drinking: This Mill is a Stick, with an Head at the End full of Notches, which you muſt, at the little end, hold in your hand, and haſtily twirl about. Some, to high-colour it, and give it a better Flavour, put Saffron in a little Rag, or fine Sarſnet, and put it into the Liquor when it is boiling.

To make Chocolate-Cakes, the best way.

TAke Cocoa-Nuts, moderately dried in an Iron Pan, ſcrape or peel off the Huſk, and then beat the Nut to fine Powder, and ſift it, and to every Pound add 6 Ounces of White Sugar, one fine grated Nutmeg, half an Ounce of Cinnamon, one Bonil, of the beſt Muſk and Amber-greaſe, each 4 Grains.

To prepare this, have a Stone-Mill, or an Iron Plate, very bright, and an Iron Roller, 2 hands longer than the Plate, and about 10 Pounds weight; place the Plate on a Wooden frame, ſo, that a little Charcoal Fire may be made under it, to give a gentle Heat; and firſt melt the powder'd Cocoa-Nuts and Sugar together, by rolling the Roller over them, and work till the

Mass becomes like Dough; then add the Nutmeg, Cinnamon and Bonile; and the longer you work it, the finer it will be: Observe carefully its Oiliness, and be heedful that it burn not; therefore, observe, never to suffer the Plate to be too hot, moving the Mass from the Iron Plate often with a thin Iron Slice; and last of all put in your Musk and Amber-grease; and when it is well wrought, make it up into Cakes, or Rolls, and keep it in dry places for Use.

A curious Drink, made of Services.

TAke Services when they turn brown, but before they grow soft; lay them in Bunches, on new Hay, 3 or 4 days, to sweat and mellow; then take them from the Stalks; after that, let them lie 24 hours in fair Water, then take them out, and bruise them with your hands; put them then into Small Beer, 2 Quarts of them to a Gallon, and let them infuse there 24 hours; add a Pint of Sherry to each Gallon, and give them a gentle Breathing over a moderate Fire, then pour out and press forth the Liquor, let it work and purge as Cyder; and in all other things use it in the same manner.

Cock-Ale, to make it the best way.

TAke a Cock of half a Year old, kill him, and truss him well; and put into a Cask

about 12 Gallons of Ale; add 4 Pounds of Raisins of the Sun, well pick'd, ston'd, wash-ed and dried; Dates sliced, half a Pound; Nutmegs and Mace, 2 Ounces; Infuse the Dates and Spices in a Quart of Canary 24 hours; then boil the Cock in a manner to a Jelly, till a Gallon of Water is reduced to 3 Quarts, then press the Body of him extream-ly well, and put the Liquor into the Cask where the Ale is, with the Spices and Fruit adding a few Blades of Mace: then put to it half a Pint of new Ale-yest, and let it work well for a day, and in 2 days you may broach it for Use; or, in hot Weather, the second day: And if it prove too strong, you may add more plain Ale to palliate it.

This is excellent for Consumptive Persons who are wasting in any part of the Body and contributes much to the invigorating of Nature.

Covent-Garden-*Purl, or Purl Purging.*

TAke of Ilic'd Beet-root an Ounce, Co-riander-seeds and Sena, each 2 Ounces Horse-Raddish, 2 or 3 little Slices; the Flow-ers of Rosemary and Sage, each an handful Roman-Wormwood, a Pound and an half bruise these grosly together, and put them into a Canvas Bag, which put to a Kilde-kin of Ale, hanging it almost to the bo-

tom, and in 2 or 3 days it will be fit to drink.

This moderately purges by a gentle breathing Sweat and Urine, and is very cleansing for the Body, carrying off grosse Humours. It was first made (as we hear of) in *Covent-Garden*, from wence it took its Name.

East-India Rack, as it is made here.

TAke a Gallon of Brandy, a Quart of tart Cyder, not sowr, Lime-Juice half a Pint, a Quart of Water, Beaten Cinnamon, Nutmeg and Ginger, of each a quarter of an Ounce; White Sugar-Candy, finely beaten, 2 Pounds; mix these well together, and put a Toast dip'd in Honey into it.

Rum, to make it.

THis is made in the Sugar-Islands, *&c.* in this manner; They steep the Grindings and Refuse of the Sugar-Canes in fair Water 2 or 3 days; then drawing off the Water, they boil it, and keep scuming of it till no more will arise; then they put it up in a Cask to ferment and work 9 or 10 days, in which time it gains a strong Body; then they draw it off from the Settlings, into other Casks, and put to it *Jamaica*-Pepper, and a few Sweet Herbs, hung in a Bag in the Cask, which gives it a curious Flavour.

In *England* it may be made after the same manner, with the Washings of Sugar-Hogsheads or Chests, and Sugar-Bakers or Sugar-Refiners Refuse, or such Foot or Drofs-Sugar as is fit for no other Use but that, and Distilling; adding Sweet Herbs and Spices as Ginger, Cloves, Cinnamon, Mace and Nutmegs; and you may have a pleasant Liquor, at a cheap rate: You may put into it Balm, Mint and Hyssop, according to the quantity you make; and being bottl'd, it will prove a curious refreshing Drink, both in Summer and Winter: You may add a little Molassus, to make it a stronger Body.

To make Variety of different Ales, and other Liquors.

IF you are desirous to have Variety of different Ales, *&c.* on a sudden, it may be easily done in the following manner:

Make a Syrup of the Root, Spice or Herb you intend, or of many, to keep by you on Occasion; and having a good, clear, strong body'd Ale, bottle it up within 3 Inches of the Cork, put in 2 spoonfuls of the Syrup and 2 or 3 Drops of the Essence or Chymical Spirit of the Herb, Root, Flower, Spice, *&c.* either *Scurvy-grass*, Mint, Balm, Cyprus Nutmeg, Cinnamon, Orange, Limon, Citron, Clove, or the like; shake it a little, and

let them incorporate; and when you pour it out, the Ale will have the true Reliſh and Scent of what you put in, whether of what I have named, or of Goosberries, Rasberries, Currants, Cherries, Strawberries, Mulberries, or the like, though with ſome Variation of its proper natural Colours. And ſo, at all Times, with one good Tub of Ale in your Houſe, and the other Materials, you may make 40 ſeveral Changes, to pleaſure your ſelf, and make your Friends wonder how you came by ſuch Variety of Liquors.

A curious moderate Purging Ale, to make it,

TO make this ſo much eſteem'd Ale, of new Invention, Take a Peck of the Leaves and Flowers of Scurvy-graſs, Water-Creſſes half a Peck, Brook-Lime a quarter of a Peck, Engliſh Rubarb 6 Ounces, Horſe-Raddiſh 4 Ounces, Carraway and Anniſeeds, of each an Ounce; Sena and Fennel, each an Ounce; Polipody of the Oak, 4 Ounces; Figs, and Raiſins ſtoned, of each 8 Ounces; put theſe into 12 Gallons of new Ale, having firſt groſly bruiſed them, and put them into a fine Canvas Bag; let them ſtand 9 days, then draw it off, and bottle it up for Uſe; or keep it in an Earthen Firkin or Jar, cloſe cover'd.

Its Virtues.

This wonderfully helps in the Scurvy, restores a lost Appetite, provokes Urine, carries away the slimy Matter out of the Bowels, purifies the Blood, cleanses the Reins of Gravel and Sand, and is good in Fits of the Stone. A Pint-Glass is a sufficient Dose, to be drunk fasting: For, note, if you make these Physical Ales, or Wines, your common Drink, they will do you by far more prejudice than good; but if taken in due proportion, in suitable Seasons, they will be a far better Friend to you, than the Doctors, with all their Pills, Bolasses, Powders, and other Potions, and not put you to the 20th part of the Charge; and they may serve to quench Thirst, and administer cool Moisture to the Body, as well as any formal Morning Draught, which Custom has made necessary to most Men; so that there again the Expence will be but the same.

To make Ale, or any other Liquor, that is too new or sweet, stale or eager.

TO do this to the Advantage of Health, put to every Quart of Ale, or other Liquor, 10 or 12 Drops of the true Spirit of Salt, and let them well mix together, which they will soon do by the subtile Spirits penetrating into all Parts.

To recover sour Ale.

SCrape fine Chalk a Pound, or as the quantity of Liquor requires, more; put it into a thin Bag, and so into the Ale.

To make Sage-Tea, the best Way.

BOil your Water, ordering it in all respects as for other Tea; and to a Quart, put in an Ounce of dry'd Sage; boil it up, and sweeten it to your Palate; and it will prove a very wholsom Liquor to cleanse the blood, and cool the Heat of the Body. And thus you may do by Mint, Balm, *&c.*

Of Ales in general, brought from divers Parts of England, *and sold in* London.

THere are sundry sorts of Ales, that prove very pleasant and wholsome Liquors, brew'd after the common Methods of Brewing, but differ from ours at *London*; and many attribute the Cause to the Water; some, to the Malt; others, to their Skill in Brewing and Fining them; as *Nottingham*, *Derby*, *Burton*, *Hull*, and some others; which might, I conceive, be as effectually brew'd here, with the same Care, *viz.*

Boil then your Liquor sufficiently, prepare good Malt accordingly, give it good Mashings; let it purge well, and be gentle and easie in the Settling; draw it off from the first and second Settlings, and fine it with Izon-glass

and

and the distill'd Simple Water of Clary, and bottle it up with a very little Loaf-Sugar and it will keep well, and answer your Expectation.

But, after all, I must acknowledge, there is a great Difference in Water, which may much alter the Liquor; and of some, good Drink cannot be brew'd, as common Experience teaches us: But the best Water for these Ales is that which is clear, moving, of a good Substance, and sweetish in Taste and, if fermented between your hands, smooth, and a little clammy: But on the contrary, that which is brackish, or Alom rasted, is to be rejected.

Rules for well Bottling of Liquors.

IF any Liquor be prick'd, or fading, put to it a little Syrup of Clary, and let it ferment with a little Barm, and it will recover it; and when it is well fettled, bottle it up, putting in a Clove or two, with a little Lump of Loaf-Sugar; you must have firm Corks, boil'd in Wort, or Grounds of Beer; fill within an Inch of the Cork, Reach, and beat it in with a Mallet; then with small Brass Wire bind the Neck of the Bottle, bring up the 2 Ends, and twist them over with a pair of Pinchers.

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CHAP. VII.

The Mistery of the Fruiterers; or, the most Approved Way to gather, keep, and order divers sorts of Fruits and Berries, to keep sound, and with their natural scent and Taste in all Seasons of the year.

Of gathering Fruit in Season, &c.

IN gathering Fruit in Season, if you design them to be long lasting, and unperished, there ought to be great care taken; and to do it in general for all Fruits growing on standard-Trees, have such a Ladder as may bear Lightly on the Boughs, so as not to Endanger their breaking, and bruising the Fruit.

Gather your Fruit by the stalks to prevent bruising of them, do it when they are well ripning, but not over-ripe; and to put them in, have a Basket with a hook to hang on the round of the Ladder, or some convenient Boughs, laying Fern, or Nettles, in the bottom to keep them from pressing by their weight too hard, lay them gently in, and set gently out into the Receiver; and never proceed to gather them in a wet day, nor so early in the morning that the Sun has not time to draw up the moisture from them, lest the dampness soon perish them;

and

and where Fruit, especially Stone-fruit, [ach
not all ripe at once, gather them as th[ey
ripen, and so those that remain having th[e
greater advantage of Sap may ripen th[em
kindlier, and grow larger; gather those th[at
have no stalks to hold by with a tende[r
hand, lay them not on heaps, but single, o[r
Nettles, or some such Weeds not offensi[ve
in smell, and they will not only perfect th[eir
ripeness, but sweat out their superfluity a[nd
be sweeter in taste; keep them in dry pl[ace
ces, and if the Weather be hot, let the co[ol
North, East or West winds, breath on the[m
by the opening of Windows, or other con[-
veniencies, in clear, dry days.

To know whether Pears or Apples be rip[e
gather one from the middle of the Tre[e
cut it in the middle, and if there be a gre[at
hollowness, and the kernels seem loose, the[y
are of a sufficient ripeness.

Apricots, Nectrines, and such like, a[re
known in ripeness, by the stones easily pa[rt-
ting from the Fruit, and growing of a du[sky
key colour; as for other things your Judg[e-
ment will direct you, by seeing, handling
smelling and tasting.

When you gather Quinces, rub off gent[ly
ly the wooliness, pack them in straw, an[d
in a dry Cask, with a layer of Straw betwe[en

ach laying of Fruit, for they are very ſub-
ect to mouldineſs and rotting upon the
aſt contracted moiſture, and muſt be pla-
ed at a diſtance from other Fruit, becauſe
eir ſcent is offenſive to them.

If you gather Medlars, or Services, you
uſt do it before they are ripe, juſt when
ey are turned brown, and by laying the
rſt in ſtraw thinly, and hanging the o-
er upon Lines in bunches, they will kind-
ripen of themſelves.

As for your winter Apples, it is proper to
ather them without the ſtalks, becauſe they
will ſooneſt periſh and wither.

How to ſtow and order your Fruit, the better to keep them ſound and long in your Fruit-loft, or Ware-houſe.

1.) YOur Winter-fruit in this caſe muſt not be too hot nor too cold, too loſe nor too open, but removed from all offenſive Smells; for if any be near them, they will be apt to attract it, and ſpoil their aſte; alſo it will corrupt them.

(2.) The proper place to ſtow them in a Low-room, or Cellar, clean and ſweet, ither paved or boarded, but not too ſtifling t cloſe, and into theſe it will be proper to y or ſhift your Winter-fruit at *Chriſtmaſs*, and

and with shifting and airing at convenie
times, you may let them continue there t
the middle of *March*; stoping, in extrea
frosty weather, all the crevises with a li
Straw, to keep out the frost and bleak wind

(3.) When the warm Air returns, brough
by the Influence of the Sun, if you find a
considerable defect among your Fruit, r
move them from these close places to an
lightsom, ceiled Rooms, giving them fre
straw, and leaving a Window open in
clear dry days, letting in the Sun beams
much as may be; observe, that where yo
have placed your Fruit in Cellers there b
no Damp, sweaty Walls, for they will c
a mouldiness, and that will bring a Speck
ing, and total rot, in time, among them
beside it much abates the natural Taste an
scent of those that remain sound: And th
you may order them till *Michalmas*, for
sorts of Fruit there are that rarely last beyon
Alhallontide, but by this mannagement th
have been keept much longer well con
tioned.

To rub them over with the juice of Spea
mint, but not to let the moisture long co
tinue on them, is a great preserver of Wi
ter Fruit (take this as a secret.)

(4.) Those that are earliest subject to Decay, it is proper they should be laid by themselves: Those that usually continue till *Christmas*, by their selves: Those that usually continue till *Shrovetide*, by their selves: And Pearmains, John-Apples, Pippins, and Winter-Rullenings, which last all the Year, are proper to be laid by themselves.

(5.) As for Pears, they keep very long, many of them all the Year; as, the Winter-Boon-Chrestien, the Great Kareville, the Black Pear of *Worcester* Surrein, the Blossom-Pear.

(6.) There are other Apples than what I have nam'd, that may be managed to keep till new ones come again; *viz.* the Golden Doucet, the Boon Pearmain, the Reniting, and many more I might name, but they being well known to those who deal in Fruit, for Brevity sake I omit.

(7.) As for those that are speck'd, take them away, and dispose of them, whilst a good part remains sound, lest they infect the rest. Put no Fallings among lasting Fruit; but rather make Cyder, Perry, Pyes, Tarts, &c. of them, which will turn to a greater advantage. You need not turn the most lasting Fruit, unless you see great Occasion, till *Christmas*, and then shift their Straw if it

be any wise damp; however, turn it well and lay it hollow; then you may let them remain till *Whitsuntide*; and ever observe, in your Turning, to lay your Heap lower and lower. But observe never to handle any in a great Frost, but those you take for present Use, unless they lie in a very warm Cellar; nor for a Time afterward, because at any considerable Thaw their Giving and Dampness makes them soft, and the least Bruise will subject them to rot. Also in great Rains or exceeding damp Airs, forbear to meddle with them; yet let open the Windows, if the Weather be warm, to air them.

(8.) Whether you are to carry them by Water, or by Land, observe you do it not in Frosty Weather; not in *March*, when the Winds are sharp and high; nor in the extream Heat of Summer; but in moderate Weather, and they will be the longer lasting.

To keep Grapes, Gooseberries, Apricots, Peaches, Nectarins, Cherries, Currants, and Plumbs the whole Year.

TAke fine dry Sand, that has little or no Saltness in it, make it as dry as possible with often turning in the Sun; gather your Fruits when they are just ripening, or coming something near Ripeness, dip the

End

Ends of their Stalks in melted Pitch or Bees-Wax; and having a large Box, to ſhut down with a cloſe Lid, dry your Fruit in the Sun a little, to take away the ſuperfluous Moiſture, and lightly ſpread a Laying of Sand in the bottom of the Box, and a Laying of Fruit on it, but not too near each other; then ſcatter Sand, with much evenneſs, about an Inch thick over them, and ſo another Laying, till the Box be full; then ſhut the Lid down cloſe, that the Air may not penetrate; and always as you take out any, lay them even again; and ſo you will have them fit for Tarts, or other Uſes, till new ones come again; and if they are a little wrinkled, waſh them in warm Water, and it will plump them up again: You may uſe Millet inſtead of Sand, if you think it convenient.

To keep Figs and Stone-Fruit ſound, and fit for Uſe, all the Year.

TAke a large Earthen Pot, put the Fruit into it in Layings, their own Leaves being between them; then boil up Water and Honey, ſcumming it till no more will riſe, but make it not too thick of the Honey, and pour it in warm to them, ſtop up the Veſſel cloſe, and when you take them for Uſe, put them two hours in warm

Water, and they will have, in a great measure, their natural Taste.

To keep Strawberries, Rasberries, Currans, Goosberries and Mulberries.

TAke new Stone-Bottles, air them well in the Sun, or by a Fire; dry your Fruit from superfluous Moisture, to prevent its sweating, take off the Stalks, and put them into the empty Bottles, by a Fire, that may draw out as much of the Air as may be; then suddenly cork them up, and tye down the Corks with Wires; let the Corks be sound, and not any ways visibly porous; for if they be, the Air will come in abundantly, and corrupt the Fruit; then in a moderate cool place cover the Bottles with Sand, laying them side-ways, and the Closeness will preserve them.

CHAP. VIII.

The Curious Art of Pickling Fruits, Flowers, Buds, Roots, Herbs, and all other things properly used in Sawces; the most exact way how to make Hams like Westphalia.

To Pickle Cucumbers to keep Green and Crisp.

TAke a sharp Rape-Vinegar, and add to each Gallon a Quart of fair Water, and a handful of Bay-Salt well beaten

eaten; so that it may dissolve in the Vinegar; boil them well, and take off the Scum till no more will arise; and having layed your Cucumbers of a moderate size, 12 hours to steep in cold Water and Salt, as well to harden them, and confirm their colour, as to take of the Dust they have contracted, cut your dill about 2 handfuls length, throwing by the very large stalks, boiling them in the Liquor, and make a laying at the bottom of the Cask with it, and a few Bay-Leaves, and so lay your Cumbers Regular on it, continuing the ayings between every Span thick of em, till the Cask is filled up; then put in e Head, and hoop it up close; take the quor from the fire and when it is Blood-arm, pour it, with a Funnel, in at the Bung-le, till the Cask be near full; and then ke some Mace sliced, Nutmeg and Pepper, il them well in as much Liquor as will the Cask up, put it in, and Cork or plug Bung-hole close, and let them stand 2 onths at least before you open them, and y will not only be Crisp, but of a curious als green, greener than when they were wing, and keep, with a little renewing ir pickle, till new ones come in.

To Pickle French Beans.

TAke ſharp White-wine-Vinegar, and a little Spaniſh-Salt, boil and Scum them as the former; and when it is boiling hot, having ſtringed your Beans, put them in; and after a boiling or two, to make them a little tender, take them off, and let them cool in the Liquor, and then put them into the Liquor you intend they ſhall remain in, with a Sprinkling of whole Pepper, and a few Cloves; cover them over with Bay-Leaves, and lay a board, with a weight upon it, to keep them down.

To Pickle Barberries.

MAke a Pickle with Salt and Water, and boil it up to a ſtrength till it will bear an Egg, Scum it well, and put a good handful or two of Barberries into it, and let them boil till they burſt, or may be reduced to pulp; then ſtrain the Liquor, and put it to your cold Barberries, pretty warm, and cover them with Hyſop.

This way Pickle green Grapes, Plumbs, Goosberries, Apples, Quinces, Cornels, and unripe Currants.

To Pickle Muſhroms.

CLean them in warm Water from the Duſt they have contracted, then boil them a little, a walm or two, that they become tende

tender; put them into ſtrong White-wine-Vinegar, with ſome bits of Cinnamon, Mace, Nutmeg, whole Pepper, and Bay-Berries; keep them as cloſe as may be from the Air.

To Pickle Artichoaks.

PArboil Artichoaks that have full bottoms, and take off the Leaves and cheak with the ſtrings, drain them and dry them with a Cloath, make a Pickle with fair Water and Salt, well boiled and ſcumed ſo that it will bear an Egg; then place the Artichoak bottoms in an Earthen Veſſel, between Laying of Laurel or Bay-Leaves, with a few of their own Leaves about them; pour in the Pickle hot, and pour melted butter on the top, which ſpreding, will, when cool, keep out the Air and prevent their muſting; tie over the Veſſel with a Leather or Paper, and ſet them in a cool place, and when you would uſe them, ſoak them in freſh warm Water, which taking out the Saltneſs, will render them at any time fit to be uſed in Pies, or to boil and ſerve up at the Table, as a rare diſh when others are not to be had.

To Pickle Broom-Buds.

TAke ſtrong Vinegar and Water, an equal quantity; put a Seaſoning of

Salt into it, then boil and Scum it well, ſo put in the Buds clean picked from the Stalks, let them boil a little tender, and ſo put them to cool, add a little *Jamaica* Pepper, and cover them them cloſe for your uſe: Thus you may pickle Turnips, by cutting them in Square bits about the length of your little Finger; but then you muſt boil them ſomewhat longer than the Buds, but not ſoft.

To pickle Purſlain and Aſparagus.

TAke the tender parts of theſe, ſprinkle them with Salt and Cloves groſly beaten together, and lay them regular in a glazed Earthen Veſſel, boil Vinegar and Salt, and put it to them very hot, and then ſtop them up cloſe; thus you may pickle the hard inward Hart of Cabages, or Cabage-Lettice, to ſerve for Salating among other Herbs, at any Seaſon of the Year; as alſo the white Stalks of Endine and Succory.

To pickle green Peaſe, or Beans.

TAke Water and Vinegar boil them well, *viz.* the Liquor, and juſt ſcald the Peaſe, or Beans, and put them up in a cloſe Earthen Veſſel, and when you have a mind to boil them, ſteep them a night in freſh Water, and when they are boiled, the

will eat almoſt as if they were new gathered, which has been proved to the admiration of many, who have wondered where ſuch delicates could be had in the dead of Winter.

To Pickle Samphire.

MAke a ſtrong Pickle of Water and Salt well boiled, and well ſcald the Samphire, but not to any conſiderable ſoftneſs; pack it cloſe in a Cask, and head it up.

Thus you may pickle Aſhkeys, or Bramble-buds, Plantain-Roots, and the like.

To Pickle Clove-Gille-flowers, Cowſlips, Violets, Prim-Roſes, and ſuch other pleaſant Flowers.

INfuſe them in fair Water, over a gentle fire, and then preſs out the Liquid part into the Water, which, with ſome Sugar, you may boil up to a Syrup, as ſhall be hereafter ſhown.

Put the preſſed Leaves of the Flowers in ſtrong White-wine Vinegar, and to each Gallon add a Pound of fine Sugar, keep them as cloſe as may be, by tying Leather over the Gallipots, to keep out the Air, and they will be Excellent Sawces on all occaſions.

To Pickle Oyſters.

TAke what quantity you will of pretty large Oyſters, Liquor and all, waſh

them clean from the Grit, and put to every 3 Pints of fair Water half a Pint of White wine-Vinegar, half an Ounce of grosly bruised Pepper, an handful of Salt, and a quarter of an Ounce of Mace; boil these over a gentle Fire till a fourth part be consum'd, taking off the Scum; just scald the Oisters and put their own Liquor into the Pickle and then put them up into little Barrels, or Pots, and stop them very close, and they will keep in cool places the Year round.

To pickle Salmon.

WHen you have cut your Fish into fit pieces, cleanse it from the Blood, by wiping and pressing it in a dry Cloth; then lay it in a Kettle of Water that is boiling, on a Tin Fish-Plate, so that it may be taken up without breaking; and being boil'd pretty well, make a Pickle thus:

Take 3 Quarts of Rape-Vinegar, and Quarts of Water, boil it up with a little Fennel and Salt till it will taste strong, scum it and cool it; then lay the Fish in a convenient Vessel, and pour the Pickle to it pretty warm.

Thus you may do Sturgeon, bating the Fennel, and putting in a little more Salt. Also any other boil'd Fish, proper to pickle, Souce, *&c.* for keeping.

To ſalt Neats-Tongues.

CLeanſe the Roots well from the Moiſture, and waſh them well in warm Water, to open the porous Parts, that the Salt may the better penetrate; dry them well again, and make a Pickle of Spaniſh Salt and Water, or Bay-Salt, well boil'd in it; let them lie cover'd in this a Week, then take them out, and rub them over with Salt-Peter Salt very well, which will penetrate, and colour them red, preſſing them down hard with a Board and a Weight, that being put into the Kiln to dry, they may keep their due proportion: They are uſually dried with Saw-duſt burnt, which, together with the Salt, gives them their dusky red Colour, which appears on the out-ſide of them before they are boil'd.

To make Engliſh *Hams like thoſe of* Weſtphalia, *in Shape and Taſte.*

TAke the Legs of young, well-grown Porkers, and cut with them part of the Fleſh of the Hind-Line on either ſide, more than is commonly uſual; then lay them in Cloths to preſs out the remaining blood and Moiſture as much as may be, laying Planks on them, and on them great weights, which will bring them into Form: Some have Boxes purpoſely ſhap'd for them,

with

with Screws or Weights to prest down the
Lid.

When they are thus order'd, take them
well with Bay-Salt, finely beaten, and la
them in Troughs, or a Wicker Pannier, on
upon another, close prest down, and co
ver'd with sweet Herbs, as Hyssop, Winter
Savoury, Thyme, Penny-royal, &c. which
will infuse into them a pleasant Flavour; le
them continue three a Fortnight, then ru
off the crumbling Salt, and rub them we
over with Petre-Salt, and let them lie 3 or
days till it looks fair, it being of a wonderf
penetrating Nature; then take them ou
and hang them in a very close Smoak-Lof
and make a moderate Fire under them,
possible of Juniper-wood, but so that it ma
last long, and let them hang to sweat an
dry well; then hang them up in a dry, air
place, to the Wind, 3 or 4 days, which wi
purge them of the ill Scent the Smoak h
put into them; and then hang them up
any dry place, against you have Occasion
use them; which when you do, wrap the
up in sweet Hay, and put them into a Ke
tle of Water when it begins to boil, an
keep them well cover'd till they are boil
and they will cut of a curious Red Colou
and eat short and savoury; so that few
distinguish

[illegible]

[illegible] the Right [illegible] Hams.

To make [illegible]

TAke the Fill[illegible] 3 parts Le[illegible] of 25 Pounds, [illegible] threading, and [illegible] per and Salt, [illegible] Pint of White [illegible] with a Pint of Hog's Blood, [illegible] and beat it all together till it is very small; add a few sweet Herbs small chop'd and bruis'd, as Penyroyal, Sweet-Marjoram and Winter-Savoury; then with a Whale-bone Bow open the Mouths of the Guts you are to fill with this Meat, and [illegible] it leisurely down with a clean Napkin, lest, forcing it with your hands, you break the Gut; make Divisions of what length you think convenient, tying them with fine Thread; dry them in the Air [illegible] or 3 days if it be clear, and the Wind brisk; then hang them in Rows, at a little distance one from the other, in your Smoak-Loft; and when they are well dried, rub off the Dust they have contracted with a clean Cloth, anoint them over with sweet Oil-Olive, and cover them with a dry Earthen Vessel; and, either roasted or boil'd, they will

will equal those so much boasted of from *Italy.*

To recover the Flavour of Oil, when by Accident it is lost.

BUrn Roach-Allom, and beat it into fine Powder, which put into boiling Water; and when it is well dissolv'd, take the Water off, and pour the Oil into it, and work it well with it; then let it stand and settle 44 hours, when the Oil, being again imbodied, which scum'd off from the Surface of the Water beneath, it will leave its bad Taste or Scent in the Water, and recover, in a great degree, its first Flavour.

To recover Anchovies that have, by the Loss of their Pickle, become Rusty, or decay'd.

TO a Gallon of fair Water put 2 Pounds of Petre-Salt, boil it till a fourth part is consum'd, scuming it continually as the Scum rises; then put to it a quarter of an Ounce of Crystal of Tartar; mix these, well stirring them; then unpack the damag'd Fish, and re-packing them lightly, pour in the new Pickle, mix'd with a Pint of good old Pickle, and stop them up close 24 days; and when you open them again, cover them with fine beaten Bay-Salt, and let them stand three or four days; then, as you take them out for Use, be careful to cover

hem down with a Slate, and they will rove well.

To recover Sturgeon, or Salmon, that is decayed.

TAke a Gallon of White-wine-Vinegar, boil it by it ſelf, with 3 or 4 Slices of inger in it; boil ſeparately 2 Quarts of Vater, and a Pint of White-wine, with an andful of Salt; mix theſe together; then eep the Fiſh 4 or 5 hours in warm Water, ke it out, and dry it; mix the Pickles to-ether, and put them to it luke-warm; co-er or head up cloſe the Veſſel or Cask you ut them in, and let them ſtand 10 or 12 ays before you open them.

To make good Vinegar for Pickling, &c.

TAke the Middling Sort of Beer, indiffe-rently well Hopp'd, let it work as long poſſible, then fine it down with Izonglaſs, draw it off from the Settlings, and to ery 10 Gallons put 10 Pounds weight of e Preſſings or Husks of Grapes, maſh em together, and let them ſtand in the n, if in a hot Seaſon, otherwiſe in a cloſe oom, heated by Fire; and in thirty or rty days it will prove, being drawn off Inclination, an excellent Vinegar: For ant of Grape-Husks, you may uſe the eſſings of Crabs, or ſowr Apples, but they-

they will not bring it to ſo good a Body or Taſte.

Foul White or Rheniſh-Wines, ſet in a warm place, will grow tart, and fine themſelves to a very good Vinegar: Clarets or Red Port will do the ſame, but not alter their Colour. Cyder will make a tolerable good Vinegar; and ſo will untripe Grapes or Plumbs, *&c.*

To make Elder-Vinegar.

TAke White-wine, or good Rape-Vinegar and fill a Cask 3 quarters full with it; then gather Elder-flowers moderately blown in a dry day, pick off the little Sprigs and Flowers from the greater Stalks, air them well in the Sun that they may grow dry but not ſo as to crumble; then put a Pound of them to every 4 Gallons of Vinegar, ſowing them up in a fine Rag; and ſtopping the Cask cloſe, let it ſtand in a warm place 4 or 5 days; and at 10 or 12 days end the Vinegar will have the perfect Taſte of the Elder-flowers, and prove not only grateful in Taſte but very wholſom.

To make Roſe-Vinegar, and that of other Flowers.

TO do this well, take Roſes half blown, in a dry day, *viz.* the Red or Damask ones pluck the Leaves, and cut away the White

the bottom with a pair of Cyzers, air them little by ſpreading them on a Carpet, in e Shade; for if you ſuffer the Sun to come them, it will dry away much of their ent; then put them into a well-glazed rthen Veſſel, and to every Pound of Roſes t a Gallon of the beſt White-wine-Vine-r, cover them cloſe, and ſuffer them to in-ſe 8 or 9 days; then take out the Roſes, d preſs or wring them hard into the Vine-r, and ſo ſtrain it, and put it up for Uſe; d it will have the perfect Scent of the Ro-s: And as you would have it ſtronger or eaker ſcented, ſo you muſt order it accor-ngly, in putting in more or leſs Roſes; or, hen the firſt that are put in are well infus'd, ke them out, and put in freſh ones.

In this manner you may make Vinegar of owſlips, Clove-Gilliflowers, Violets, Prim-ſes, Peach-Bloſſoms, or the Bloſſoms of any grant and wholſom Flowers: And even Herbs; as Mint, Balm, Sweet-Marjorum, d the like: All which are very wholſom, uch contributing to Health.

And thus having given you the beſt Di-ctions in theſe Matters, I proceed to others, weighty, and neceſſary to be known, for e Reader's great Advantage; taken from e moſt exact Experiments.

CHAP.

CHAP. IX.

The Curious Art and Mystery of Confectioner in ordering Sugars, making Sweet-Meat Preserving, Conserving, Candying, makin Syrups, &c.

Of Sugar.

IN this Undertaking, Sugar is the general Thin you must work withall; Consider it then in Goodness; and whether you have it ready re ned, or are to do it your self, chuse that which the best, and most weighty, quantity for quantit with others; and try it in Liquors, or any oth thing, weight for weight, which sweetens mos and so you will not be deceived in the Quantities shall have Occasion to set down in this Treatise, f the several Uses I shall attribute it to.

To make Macaroons.

TO do this well, take of Sweet Almonds o Pound, blanch them in warm Water, a shake them in a Sieve, that the Husks may loos and come off; then beat them fine in a Stone-Mo tar, give them a sprinkling of Rose-water, and a to them a Pound of fine Sugar, well sifted; m these well with beating, and sprinkle a very lit fine Flower; to make them incorporate the bet add the Whites of two or three Eggs; and wh they are so thin that they will drop out of a Spo like Fritters, place Wafers on an Iron-Wire Gr made for that purpose, and drop them regular then put them into an Oven moderately heated, they will spread, and rise; when you see them begin to change Colour, take them out, and them up in Papered Boxes, very dry, for Use.

Gen

To make Genoua-*Biſket.*

TAke four Ounces of Sugar, and put to it a Pound of Flower, ſprinkle among them a nvenient ſprinkling of Coriander and Anniſeeds, at in the Yolks of four or five Eggs, add as much arm Water as will make it into a Paſte, make it Biſket-faſhion, and bake it in a moderately heated ven, but not brown; then cut it into five or ſix eces, or ſlices, which bake again till they be ſome-hat brown, and they will keep good a long time.

To make Naples-*Biſket.*

O do this, well mix an equal quantity of fine Flower and Sugar, and all things elſe as in the mer; put the Batter in Tin Coffins, and glaze Tops with a Feather dip'd in Roſe-water and g r.

To make the Queen's *Biſket.*

Ake a Pound of fine Sugar, put to it three quarters of a Pound of fine Flower, the Whites of elve Eggs, and the Yolks of nine; bruiſe and ſift iander and Carraway-ſeeds, an Ounce, beat and mix them very well together till they come to a Paſte, then add a little Leaven; and being well ed, put it into Tin Coffins about two Inches r, and 4 in length, and bake them moderately.

To make Paſtes of Fruit.

Ake what quantity of any pleaſant Fruit you will, take out the Stones or Kernels, pare them, and them in fair Water to a Pulp, ſtrain the Pulp ugh a coarſe Linen Cloth, and to ten Pounds of it ſix Pounds of Sugar, then boil them up toge-; and when they are well incorporated, drop n on Tin Plates, and ſpread them a little, nkling them under and over with a little dry r, then turn them, and let them dry; after that, them in very warm places, as over an Oven, or

in a Stove, often turning, and ſprinkling them with Sugar, till they are very dry; then put them into dry Boxes, well paper'd, and keep them for Uſe.

You may thus make Preſerves of Bugloſs, Borrage, Roſes, and other Flowers and Herbs, into Paſte.

To make Jelly of Quinces.

BOil up Quinces in thin ſlices, till a third part of the Liquor they are boiled in be conſumed; then ſtrain out the liquid part, with ſome of the Pulp, and to each four Pounds add a Pound of Sugar; and being cool, it will become a curious Jelly.

To make Geneva-*Paſte.*

PAre ripe Quinces, and ſcrape them ſmall; do the like by Sweet-Apples, an equal quantity, put Roſe-water to them, and ſtrain them well through a Sieve; then dry it in proper Cakes, on a wooden Slice, over the Fire; then add as much Sugar as there is Paſte, and boil it to a convenient thickneſs.

To make Marchpanes look like Raſhers of Bacon.

TAke Marchpane-paſte, work it with Red Saunders till it is coloured it, then roll a broad Leaf of red, and a broad Leaf of white Paſte, till there be three of the White, and four of the Red, one on another, in a mingled ſort, every Red between; when this is done, cut it over-thwart, and it will look like Raſhers of Bacon, and not diſcernable otherwiſe without handling, or taſting.

To make Marmalade of Grapes.

TAke your Grapes, Red or White, when they are pretty ripe, gather them in a dry day, and dry them afterwards in the Sun; and being clean picked from the Stalks, boil them in fair Water, take the Scum clean off as it riſes till the Water is conſumed to a third part, then let it ſimmer over a gentle Fire, and when you find it is thicken'd, ſtrain it through

a Sieve; and boiling it once more, add a small matter of Sugar, and put it up in Boxes for Use, strewing it over with Sugar, and keeping it very dry.

To make Marmalade of Red Currans.

TAke Red Currans when ripe, pick them clean, and squeeze the Juice well out, add a small matter of the Juice of Rasberries, and boil them up over a gentle Fire, putting in three or four handfuls of whole Currans; and when they begin to break, put in a third proportion of Sugar, and boil it to a Candy heighth, then sprinkle it with Rose-water; and when you perceive it the thickness of Marmalade, being well scum'd, strain it through a coarse Cloth, into a glazed Earthen Pot, and keep it dry.

This is excellent cooling in Fevers, and other hot Diseases.

To make Marmalade of Damosins.

TAke about two Quarts of ripe Damosins, the largest you can get, put them in the Sun to dry, or evaporate a little of their superfluous Moisture; peel off the Skins of three Pints of them, put them into an Earthen Vessel, and those not skin'd underneath; then stop the Vessel very close, and put it into a Kettle of boiling Water, but so that no Water can come at the Fruit; and when by this Means they are grown, through the Steam and Heat, very tender, take them out, and skin and stone those that were not so ordered before; then make them into Pulp, and boil them, with their weight in Sugar, over a gentle Fire, with a little Rose-water, till they become a Marmalade.

And thus you may make Marmalade of Gooseberries, Cherries, Plumbs, Apricots, Nectarines, or any other delicious Fruit.

To make White Marmalade of Quinces.

TAke Quinces, ſliced thin, to the weight of ſi
Pounds when pared and coared, and boil the
to a Pulp in fair Water; to the Pulp put 2 Pound
of Clarified Sugar, moiſten'd with Roſe-water; bo
them gently together till the Liquor be ſwelled ou
of the Quinces, and the Sugar well diſſolved, whic
you may try by laying a little on a Plate to cool
then put it up for your Uſe.

Thus you may make Red Marmalade, Marmalad
of Pippins, Pomwaters, or other Apples; and of O
range-peels ſcraped, and boiled in 2 or 3 Waters, t
take out the ſtrongneſs of their Taſte before the
come to be boiled up to a Pulp, and mixed with th
Sugar, Roſe-water, or Orange-flower-water. Alſ
Marmalade of the Peels of Limons and Citrons.

To preſerve Medlars, or Services.

TAke of the faireſt of them when they begin t
be ripe, ſcald them in hot Water ſo that th
Skin may come off; and for Medlars, you may ski
them at the head; the others may be let alone; ad
to each Pound, a Pound of Sugar, make it into a Sy
rup with ſome of that Liquor, and ſo put them
with it, into a cloſe Pot, for Uſe.

To preſerve Apricots.

GAther this Fruit well button'd, the Stone bein
ſo tender that you may run a Pin through i
with eaſe, and let them dry a little from their Mo
ſture; then put them into warm Water, to brea
them, and let them ſtand cloſe covered till the te
der Skin will eaſily come off with ſcraping; the
put them into another Preſerving-pan of hot Wate
and let them ſtand till they become very green
then clarifie an equal weight of Sugar, with t
White of an Egg and ſome Water boil it up to
Syrup, and put the Apricots into it.

If you would do this when they are ripe, you muſt ſtone them, and then you need not boil them, but boil up the Syrup with the Juice of ſome of them and Sugar, and put them into it boiling hot.

Thus you may preſerve Peaches, Plumbs, Grapes, Barberries, *&c.*

To make Cakes of Apricots.

TAke large Apricots, moderately ripe, ſcald them well in Spring-water, skin and ſtone them, and take out the Pulp, and add half its weight in Sugar, boil it up over a gentle Fire; and being juſt warm, ſpread it in Cakes.

Thus you may do by Rasberries, Strawberries, Currans, or ſuch ſuitable Fruit, as is beſt pleaſing to your Palate.

To dry Apricots or Peaches.

WHen you have ſtoned them, take their weight in double-refined Sugar, and make a Syrup with ſo much Water as will make them wet; boil this to the heighth that a Drop will ſlip off from a clean Plate when drop'd on it, and then it is enough; pare your Fruit, and put them into the Syrup when heated, then tie them up one by one, in Tiffanies, and put them in again, ſetting the Syrup over a quick Fire; let it boil as faſt as may be, keeping it well ſcum'd; and when they look clear, they are enough prepared; then take them out, and lay them on a Wyre-Grate or Sieve, to drain and dry; then take them out of the Tiffanies, and dry them in the Sun, or in a Stove, and keep them for Uſe.

Thus you may dry Nectarines, Malacottoons, Pippins, large Plumbs, or the like.

To Conſerve Citron-Flowers.

TAke more than the weight of theſe Flowers in Sugar, diſſolve the Sugar in Roſe-water, over a gentle Fire, boil it almoſt to the Conſiſtence of a

Syrup; then put in the Flowers, boil it up to an heighth, and bruise them into a Conserve.

Thus Orange-flowers may be conserved.

To Preserve Damosins.

TAke the largest Damosins when the Sun has evaporated their Moisture from them, and they be pretty ripe, put a Pound of fine Sugar and an Ounce of Rose-water to every Pound of them; then put them into a large Preserving-pan, not heaped upon one another, but one by one, and set it over a moderate Charcoal-Fire, turn them not till the Syrup is so melted that it will cover them, or bear them up, then cast in more Sugar, not suffering the Liquor to seeth when you turn them, lest they burst on both sides; and being enough, take the Skins off gently, cool them, and put them in a Glass, with the Syrup, and add 3 or 4 Cloves, and a few Breaks of Cinnamon.

Thus may you preserve any Plumbs that are proper: But such as are white, and will be in a manner transparent, must have no Spice put to them.

To Candy Clove-Gillyflowers, and other Flowers.

PIck your Flowers from the Husks, and snip off the white Bottoms, weigh their weight in refined Sugar, put Rose-water to it, and set it over Charcoal-fire, let it heat by degrees, and stir it till it be heighten'd to a Candy-syrup; keep them in a dry place, and use them as you find Occasion.

And thus you may candy other Flowers, as Cowslips, Primroses, Violets, and the like.

To make Mulberry-Honey.

GAther Mulberries before they come to be very ripe, do it in a dry day, when the Sun or clear Air has taken off the Moisture, strain out the Juice and put to a Quart of it a Pound of Virgin-Honey, well incorporate them over a gentle Fire, to the thickness of Honey, and keep it in glazed Gal-

po

ots, as a curious cooling Cordial, a little of it mix-d with a Glaſs of Wine.

To make Musk-Sugar, or perfume Sweet-meats.

TAke 5 or 6 Grains of the beſt ſcented Musk, and put it into a fine Lawn Rag, lay it at the ottom of a Sugar-pot, and ſift fine Sugar lightly in pon it, ſtop it cloſe from the Air, and ſet it in a arm place, and the Sugar will quickly ſuck up the cent of the Musk.

And thus you may do by Sugar-Plumbs, Sugar-lmonds, Macaroons, Fruit-Cakes, or the like. But e very careful to keep it cloſe 5 or 6 days; for if he Air come freely in before the Musk has ſpent it lf on the Confectionary Ware, the Spirit will eva-orate, and it will little avail you.

To Candy Nutmegs.

TO do this, Take a Pound of Clarified Sugar, moiſten it with a quarter of a Pint of Roſe-water in hich a little Gum-Arabick has been diſſolv'd, boil hem up almoſt to a Candy-heighth; ſoak your Nut-negs well in warm Water, put them into an Earthen eſſel, and pour the boiling Sugar on them; ſtop hem up cloſe from the Air, and ſet them in a warm lace for 20 days, and at the end thereof they will e a curious Rock-Candy.

Thus you may do by Ginger, Mace, and other pices, and dry Things.

To Candy Orange-Chips and Peels.

THoſe properly called Chips, are the Parings of the Orange, fine and thin; the Peel is, the whole alf, when the Pulp or Meat is taken out. Theſe uſt be boiled in ſeveral Waters, till they much bate of the ſtrength of their Taſte, and become ten-er; and having dried them, put as much fine Sugar o them as will cover them, boil them up to a Can-y-heighth, and when that is done, take them out,

and put them in an Earthen Veſſel 4 or 5 days, and let them ſtand warm; then put them over the Fire again, and there let them continue till they be well hot, then lay them on a Wyre Frame to drain, then put them into your Stove, or on the top of an Oven, to harden; and at 10 days end they will be fit for Uſe.

Limon and Citron-peel are thus Candied; as alſo Eringo-roots, Fennel-ſtalks, and any hard Stalk, fit for Candying.

To make Orange-Marmalade.

TAke the faireſt coloured Oranges, with the ſmootheſt Rhines, ſcrape off juſt the out ſide, and clear them within as much as you can of the Pulp and ſpungy inſide, boil them in water, often ſhifting them, till they have loſt their ſtrong Taſte; then boil them to a Pulp, and bruiſe them to mash in a Mortar, and add 3 or 4 yellow Pippins, boiled ſoft, to every dozen of Oranges; and to this Pulp add its weight in refined Sugar, put it into your Pan with as much Roſe-water as will diſſolve it, boil it by degrees to a candy heighth; and when the Pulp is put in, ſtir it till it riſes from the bottom of the Pan; ſo put it up in Boxes or Pots, and keep in dry places, for uſe.

Thus you may make Marmalade of Limons, Citron, and the like.

To make Tranſparent Quince-Cakes.

TAke a quarter of a Pint of the Syrup of Barbaries, and a Pint of Quince-Syrup, clarefie them over a gentle fire with well Scuming; put to them 20 Ounces of very fine white Sugar; and when you perceive it of a convenient Thickneſs, take it out with your Ladle, and pour it out on cool Tin or Peuter Plates, and then with a Knife or Spatula, when it grows cool, form it into Cakes according to your

your deſire; and they will be Lucid, or Tanſparent, and have the Taſte of the Quince it ſelf.

To make Syrup of Quinces.

TAke of the Juice of Quinces 3 Quarts, ſet it over a fire, and let it Simper well, and take the Scum clean off; and when it is clarified from the Dregs, boil it to the Conſumption of half; then add of deep Red Wine 2 Quarts, 4 Pounds of fine Sugar, a Dram and an half of Cinnamon finely beaten, Cloves and Ginger as much; in the like manner boil theſe to a Syrup, and ſuffer it to cool by degrees; then bottle it up, corking it very cloſe; and uſe it as a great cooling Cordial.

Thus you may make Syrup of Barberries, Elderberries, Sloes, or Apples.

To make Syrup of Rasberries.

PUT ſix Quarts of Rasberries, pick'd clean, and well dried in the Sun, into 5 Pints of Canary, in a well-glazed Earthen Veſſel, and cover them very cloſe; keep it cool 10 days, then diſtil them in a Roſe or Glaſs-Still, adding 3 Pints of freſh Berries, and a Pint and an half more of Wine; and when the Berries have loſt their Colour, ſtrain out the remaining liquid part, and with as much fine Sugar as is convenient, boil it up into a Syrup, clearing it of Scum.

To make Syrup of Clove-Gillyflowers.

TAke 2 Quarts of Water, and a Pint of White-wine, boil in it 2 Pounds of the Flowers with the Whites cut off; when they have ſufficiently boil'd, wring them out into the Liquor, and add an handful or two of freſh ones; do the like by them till you ſee the Liquor of an high Colour, and it has taken the full Scent of the Flowers; then put in 4 Pounds of fine Sugar, and 3 or 4 Cloves, with a bit or two of Cinnamon, and boil it up to a Syrup; put it into Bottles, or cloſe ſtop'd Glaſſes, for your Uſe.

Thus

Thus you may make Syrup of Roſes, Violets, or any Herb that is cordially pleaſant, and well ſcented.

And thus much for theſe Things: Now I am led to thoſe of a different Nature, that nothing may be omitted that is uſeful.

CHAP. X.

The Market-man's or Woman's beſt Inſtructer, in knowing all ſorts of Poulterers Wares, whether they be New or Stale, Young or Old, by infallible Signs and Tokens, to prevent being Impoſed upon, or Cheated.

AS Covetouſneſs is ſordid and baſe, ſo Frugality is commendable: A little, well laid out in what is good, may yield a Sufficiency more comfortable than laviſh Expenſiveneſs; for, uſually, thoſe who are extravagant, are ignorant in Marketing, and moſt commonly cheated in the Price and Goodneſs of what they purchaſe. And having well conſider'd this, I have laid down Rules to inſtruct the Buyers, in many neceſſary Things, that they may know what they buy, and not be impoſed on.

Inſtructions, giving an Inſight into Poulterers Wares, to know their Goodneſs, &c.

A Capon, to know whether a true one, Young or old, &c.

IF a Capon be young you may perceive it by his ſhort, blunt Spurs, and his Legs will be ſmooth: But ſome knaviſh Poulterers will ſcrape the Spurs and

nd artificially ſmooth the Legs; therefore be care-
l of that; and if you miſtruſt a Trick in it, pinch
e Fowl on the Breaſt with your Finger and Thumb,
nd if they go in eaſily, it is young; if not it is old.
f it be a true Capon, it will have a fat Vein on the
de of the Breaſt, and a thick Belly and Rump. If
be pale about the Head, and the Comb ſhort, it
the ſign of a right one; but if red, then other-
viſe. If it be ſtale 'twill have an open, looſe vent;
ut if new, a cloſe, hard one.

A Cock or Hen-Turkey, Turkey-Pouts, &c.

IF a Cock-Turkey be young, you may know it by the blackiſhneſs and ſmoothneſs of his Legs, and ſhort Spur. If it has been long killed, the Eyes will be ſunk in the Head, and the Foot feel very ry; but if not, the Eyes will be lively.

The ſame is to be obſerved by the Turkey-Hen. But if you expect one full of Eggs, obſerve further, that ſhe will have a faſt, open Vent; but if not, it will be cloſe and hard.

The Turkey-Pouts are known, as to their Newneſs, or Staleneſs, by the ſame Rule. Their Age cannot deceive your Eye.

A Pullet, her Marks.

MAny, in their Marketing, have been deceived in this particular; and, inſtead of a Pullet, have been impoſed upon, by taking an old Hen. To prevent this Evil for the future, obſerve, That a true Pullet has her Legs and Breaſt ſmooth, and pinches very tender on the Breaſt. If ſhe be with Egg, the Belly will feel ſoft; but if not, more ſtrait: If with Egg, the Vent will be opend; and if not, hard and cloſe. As for Staleneſs or Newneſs, they have the ſame ſigns as the Capon.

A Cock,

A Cock, young or old, new or ſtale.

TO know his youngneſs, obſerve his Spurs; but mark they are not pared or ſcraped, to deceive you: If they be ſhort and dubbed, he is young; but if ſharp, and ſtanding out, old. An open Vent ſignifies, he is ſtale; an hard and cloſe one ſhews, he is newly killed.

Chickens.

THoſe that are dry-pulled, are ſtiff when new; but if ſtale, their Vents are green, and they limber. If they be wet pulled, or ſcalded, then rub your thumb or finger on the Breaſt; and if it be ſlippery, they are ſtale; but if rough and ſtiff, then are they new. If they are fat by Cramming, 'tis known by the fat Rump and Vent.

The Swan.

THis, if old, is full of Hairs when pulled or ſcalded. As to the Newneſs or Staleneſs of it, in the firſt, the Foot is limber; in the latter, dry.

The Wild Gooſe, and Brand-Gooſe.

IF ſhe be red-footed, and full of Hairs when pulled, ſhe is old; but if white-footed, and without Hairs, then is ſhe young.

The Brand-Gooſe, if ſmooth when ſhe is pulled, is young; but if full of Hairs, then is ſhe old: If ſhe be new, the Foot is limber; if ſtale, dry.

The Wild Duck.

THis Fowl, when fat, is hard and thick on the Belly; but if not, then is ſhe thin and lean: If limber-footed, new; if dry-footed, ſtale: And if it be a true Wild Duck, it has a reddiſh, ſmall Foot.

The Tame Gooſe.

IF this Fowl has but a few Hairs, and the Foot and Bill be yellowiſh, ſhe is young; but if ſhe be full of Hairs, and the Foot and Bill be red, it is

then

then old. Its Newneſs or Staleneſs is known as the former.

The Buſtard.

THis much-prized Fowl is known as the Turkey, for Age, Newneſs, or Staleneſs: And to that Obſervation, for Brevity ſake, I refer you.

The Shuffler, and other Fowl.

THis Fowl is like a Duck, but leſs, and a broader Bill. If it be new, it will be limber-footed; if ſtale dry-footed. If it be fat, it will have a fat Rump; if lean, cloſe and hard.

And by the ſame Marks you may know Godwits, Marrel-Knots, and Ruffs. If they are old, their Legs will be rough; if young, ſmooth.

The Gulls and Dottrels are known after the ſame manner: And Wheat-Ears are a very excellent Food for them.

The Pheaſant-Cock and Hen.

THE Pheaſant-Cock, when young, has dubbed Spurs; but when old, ſmall and ſharp: If he be new, he has a firm Vent; if ſtale, an open and flabby one.

The Pheaſant-Hen, being young, has ſmooth Legs, and a curious fine Grain on her Fleſh; but if old, hairy when pulled. If ſhe be with Egg, ſhe will have a faſt and open Vent; if not, her Vent will be cloſe. As for her Newneſs and Staleneſs, obſerve the ſame as in the Cock.

Heath and Pheaſant-Pouts.

THE firſt of theſe, if new, will be ſtiff and white in the Vent, and the Feet limber; and hard in the Vent if fat: But if ſtale, dry-footed, green in the Vent, and if you touch it hard it will peel.

And ſo of the latter.

The Heath-Cock and Hen.

THeſe are known, as to Newneſs and Staleneſs, by the ſame Marks as the fore-going: But if they be young, they have ſmooth Legs and Bills; if old, rough.

The Wood-Cock and Snipe.

THis Fowl, if fat, is thick and hard; if new, limber-footed; but if ſtale, dry-footed. Obſerve likewiſe, the Noſe be ſnotty, and the Throat mouldiſh and muddy, then is it bad.

The Snipe, if fat, has a fat Vein on one ſide, under the Wing, and feels thick in the Vent. The other Marks are as the Wood-Cock.

The Partridge.

IF this, either Hen or Cock, be old, the Bill will be white, and the Legs of a bluiſh Colour; but if young, the Bill is black, and the Legs yellowiſh. If it be new, it has a faſt Vent; if ſtale, a green and open one, which, with a touch, will peel: Yet if ſhe have fed on green Wheat, and her Crop be full, ſhe may be tainted there, though other Marks diſcover it not; and to know this, ſmell at her Mouth.

Of Doves or Pidgeons, Plover, &c.

THeſe are of various Kinds; and to diſtinguiſh them in their Feather, obſerve the following Directions.

The Turtle-Dove has a bluiſh Ring about its Neck, and is otherwiſe, for the moſt part, white.

The Stock-Dove is bigger than the Wood-Pigeon; and is a good nourihing Food.

The Ring-Dove is leſs than the Stock-Dove, but not ſo delicate a Food.

The Dove-houſe-Pigeon; when old, they are ſtrong Leg'd. If they are new and fat, they feel full and fat in the Vent, and are limber-footed; but if ſtale, Abby vented.

Thus you may know Buſtard, Grey Plover, and Green Plover, Feldfairs, Thruſh, Mavis, Larks, Blackbirds, Wood-Larks, and all other ſmall Birds.

Teal and Widgeon, Land and Water.

These, if fat, will feel hard and thick on the Belly; but if thin and ſoft, they are lean: If they be limber-footed, they are new; if dry-footed, then are they ſtale.

And by the ſame Rule you may know Moor-hens, Brent, Poutel, Whevers, Didappers, and other Water-Fowl.

Of Four-footed Creatures, ſold in Poulterers Shops.

The Hare.

A Hare, if new, and clean-killed, will be white and ſtiff; but if ſtale, the Fleſh will be blackiſh in many places, and limber. If the Cleft in her Lip ſpread exceedingly, and her Claws are blunt and ragged, ſhe is old; if the contrary, then young.

The Leveret.

This, for Newneſs and Staleneſs, as the Hare. But to know if it be a true Leveret, feel on the Fore-leg of it, near the Foot; and if it have there a ſmall bone, or Knob, it is right; but if not, it is no Leveret, but an Hare.

The Rabet, or Coney.

IF ſtale, ſhe will be limber, and the Fleſh look bluiſh, and have a kind of a Slime upon it; but if new-killed, ſtiff, and the Fleſh white and dry. And if it be a right Coney, or Rabet, it will have a ſmall griſtly Knot on the out-ſide of the Fore-foot, a little above the Joint. If ſhe be old, her Claws are very long and rough, and long grey Hairs ſtand out among the Wooll.

And thus I have, as I hope, given a ſatisfactory Account of theſe Things to the Buyer, &c. CHAP.

CHAP. XI.

To know ſeveral ſorts of Fiſh, whether New or Stale; and to diſtinguiſh ſome Kinds much in Likeneſs one from the other; and the Goodneſs of Salmon, Sturgeon, &c.

Lobſters.

THE Cock is uſually ſmaller than the Hen, and of a deeper Red when boiled; neither has it any Spawn or Seed under its Tail.

To know whether theſe be new or ſtale; unbind the Tail, and if it be ſtiff in opening, and ſnap too again, then is it new; but if limber and flagging, it is ſtale: If new, it has a pleaſant Scent at that part of the Tail which joins to the Body; if ſtale, a rawmiſh, faint Scent. If it is ſpent, a white Scum will iſſue out among the Roots of the ſmall Legs and at the Mouth. To ſee whether it is full, open it with the Point of a Knife, on the Bend of the Tail, as it is tied down; and if it fill the Shell there, and be red, hard, and pleaſant ſcented, it is good; but if ſinking and ſoft, it is ſpent and waſted: For the Fiſhmonger, to deceive the ignorant Buyer, will only open them at the extream part of the Tail; and though they be waſted, they will appear well enough there. If you ſuſpect the Claws filled with Water, to make them weighty, as ſometimes they do, pull out a Plug you will find there, and the Water will guſh out.

Sturgeon.

MAny times this is recover'd by the Means I have before directed, when it has been ruſty through Loſs of Pickle, or dry; but if it be not well cured, it will never have its true Goodneſs. To know this, cut

ut it with a ſharp Knife; and if it crumble and ſhi-
er, and feel rough and brittle between your Finger
nd Thumb, it is not for your turn; but if it be
ood, it will be a little tough, and ſqueeze Oily;
ut in a manner like Wax, look white, and in ſome
laces have blue Streaks or Veins; the Skin limber,
eeling fat underneath, and caſt a pleaſant Scent.

Prawns, and Shrimps.

F new, they will be hard and ſtiff, caſt a pleaſant
Scent, and their Tails turn ſtrongly inward; but
ſtale, then limber, and will fade in their Colour,
ent faintly, and will feel clammy, unleſs, in that
deceive you, they have new waſhed them; how-
ver, by their Limberneſs and Colour you may
now it.

Crab-Fiſh, Great and Small.

F ſtale, the Joints of their Claws will be limber,
the Colour of their Shells of a duſky Red, and
ill Scent juſt under the Throat of them; their
yes will be very looſe, turn any way with the tip
f your Finger, and ſink inward.

To know the Goodneſs of Boil'd Salmon.

F the Scales are bright and ſhining of a light A-
zure Colour, the Skin, when preſſed down, riſing
gain quickly, the Fleſh of a bluſhing Colour; the
lakes parting kindly, and large, without breaking;
el oily and moiſt between your Fingers, and of a
leaſant Scent, then it is good, and has not been
ade up again when damaged: But if the Scales be
oudy, dark, eaſily ſlip off the Skin, rough and ſtub-
rn, the Flakes ſhort, dry and brittle, then is the
oodneſs gone from it; either it is decay'd Fiſh, or
s been recovered by Pickle, after Damage.

Anchovies; Good, and Bad, to know them.

PEn the Cork in the middle of the Head of the
Barrel, put in your Little Finger, and taſte the

Pickle; if it taſtes mellow, has a good Reliſh, and looks of a dusky Red, then is it the natural Pickle and they may prove well: But if it be whitiſh, watery, rough, and very brackiſh, it ſignifies new Pickle has been put to them. But to try the Fiſh, open the Backs of 2 or 3 of them, and if the Fleſh be of a pleaſant Red, ſoft and mellow, the Bone moiſt and oily, the Fleſh eaſily parting to good Lengths, without breaking, then are they good; but if it be ſtiff brittle, of a dusky Colour, the Bone dry, and of a whitiſh Yellow, or blackiſh, then they are decayed or have been ruſty, and artificially recovered, and conſequently naught.

Pickl'd Herrings; Good, or Bad.

OPen the Back, if the Fleſh be ſoft and mellow kindly parting from the Bone, come out in long flakes, the Bone white, and ſomewhat inclining to a light Red, then are they new, and good; but if the Fleſh ſtick to the Bone, be brittle and rough the Bone of a yellowiſh, blackiſh, or Murrey Colour they are ruſty, and of little worth.

The ſame of Pilchards.

Red Herrings; Good, or Bad.

IF they carry a good Gloſs, and the Fleſh part kindly from the Bone, and they be of a light, bright Colour, they are good; but the contrary ſhews them decayed, or ruſty.

Of Salt-Cod, and Old-Ling.

THeſe are known to be good when the flakes ſtand well and oily, the Bone parts clean from the Fleſh, and they are of a bright natural Colour and Scent; but they are bad when they break ſhort, are hard and dry, change Colour, the Bone dry and diſcoloured, the Skin rough, and ſticking cloſe, not well to be ſtirred, or removed.

To know Plaice or Flounders; New, or Stale.

IF they be alive, this Scrutiny needs not: But on the contrary, see if their Eyes are any ways sunk, or look very dull; if they be limber, and have an unusual, cold, clammy Slime upon them, then are they stale: But if they be stiff, their Eyes clear, and moderate dry; their Fins stiff, and not crimpling or shriveling together, it is a sign of Newness, or that they have not been long dead.

To distinguish these, the one from the other, they being much alike in shape, observe these Directions.

The Plaice has Red or Orange-colour'd Spots on her Back, her Fins more spreading, of a tawnyish or brown Colour on the Back, and a more Earthy White Belly, her Mouth standing, as it were, more awry.

The Flounder is dusky, or cloudy, on the Back, without Spots; thicker, and more compacted; and a kind of an azurish white Belly.

Fresh Herrings and Maycril.

THeir Newness or Staleness is known by their keeping or losing their lively shining Redness on their Gills; for, a deadish, fading Colour, the Frog within their Gills turning dusky, or blackish, with an ill Scent, their Fins crimpling and limber, and their Eyes looking dry and dull, shews that they are stale; whereas, the contrary denotes them new.

Maids, a Fish so called; and Thornback.

THE Staleness appears in these, by their Eyes beginning to sink, and look dull; their Flesh feeling flabby, and a slimy Matter coming from their Vent; their Lips beginning to hang, and the Corners of their Mouths to be distorted: But when no such bad Signs appear, they may well enough pass for new.

These Fish are held to be one and the same in kind; but the Maid growing old, has Thorns or

Prickles growing out upon her Back, and is from thence called a Thorn-back.

Carp, Pike, Bream, Roach, Trout, Graling, Ruff, Chub, Tench, Eel, Barbill, Fresh Salmon, Whiting, Smelts, &c.

These, and all such like Fish, when dead, if new will be stiff, and their Eyes well standing, of a lively Colour for a Time; but when they begin to taint, their own cold, slimy Substance makes them limber, and the Moisture falling from the Brain renders the Eyes more dull to Appearance, and, as it were shrinking, or sinking; their Fins, though often wetted by the Fishmongers, to prevent it, will however crimple, shewing Signs of approaching Putrefaction, if not already tainted.

Those that are by Nature red about the Gills have a peculiar Mark besides all these; for the lively Colour, as they grow stale, will fade, and become paler and paler, to a deadish Colour.

And by these Rules you may look over the whole Stores of Fish, and make your Judgment accordingly.

To preserve Fish a while when near Tainting.

This is meant of Fresh Fish: The best way to do it, if they are not too far gone, is, Take out their Guts, but do not wet them with Water, then sprinkle them within and without with Salt, and lay them in Rows, on Flags or Rushes, in a cool, dry Cellar, but suffer them not to touch one another, then cover them with Hysop or Winter Savoury; and so they will keep twenty-four hours pretty well, the Herbs drawing the Stench from them, and the Rushes the Moisture and Slime; but they will afterwards be better boil'd or baked, than fryed, stewed or roasted, unless they are stewed with Spice and Wine.

And thus, Reader, have I given you a true Insight into what was never before in Print, and has, by much Industry, been hitherto kept from Peoples Knowledge, for private Gain, and over-reaching such as venture to Market to buy Fish, unprepared with a Caution how they are imposed upon by fair Words.

CHAP. XII.

Some Rules and Directions in Marketing, to buy Butchers Meat, and prevent being deceived.

Lamb; Good, or Bad.

IF you are to purchase a Fore-Quarter of Lamb, cast your Eye on the Vein in the Neck; if it be turning yellowish, though the Meat may scent well at that time, yet is it about tainting; and if the Weather be warm, it will not keep sweet till the next day: If it be greenish, it is already tainted: But if it look ruddy, or of an Azure Colour, then it has not been long killed. As for the Hind-Quarter, scent under the Kidney of the Loin, and feel whether the Joint of the Huckle be limber or stiff; and if you meet with a faint or ill Scent in one place, and (unless it be killed when hot) a more than usual Limberness in the other, decline it as not for your turn, unless for present spending, and your Price be accordingly.

Veal; Good, or Bad.

IF the Vein in a Shoulder of Veal appear as in the former, you have the same Rule to chuse or leave it: The further Mark is, its Clamminess, and growing more than usually limber and soft; or if you see

any Spots of Greenneſs about it, it is tainting, or tainted, and will not keep. If it be brought up in wet Clothes, it is apt to be muſty; and here your Noſe muſt inſtruct you.

The Loin firſt taints under the Kidney; the Neck and Breaſt, at the upper ends; firſt ſhewing a faint Yellow, and then a dusky Green, which is the worſt Symptom of tainting.

The Leg is known to be good or bad by the livelineſs or changing of ſuch Veins, or by ſmall Streaks that appear in it, according to the former Rules, Clammineſs, *&c.*

The Fleſh of a Bull-Calf is redder, and more firm grained than that of a Cow-Calf, the Fat more curdling, *&c.*

Mutton; Young or Old, New or Stale.

IF it be young, the Fleſh will pinch up tender, and ſoon fall again; but if old, it will wrinkle, and remain: If young, the Fat will eaſily part from the Lean; but if old, it will ſtick faſter, being very skinny and fibrous: But to try it effectually, put it rough on a Plate, over a Candle, or a gentle Fire; and if it ſpread and run preſently, it is young; but if it hiſs, and ſpread ſlowly, or little, it is old, or elſe Ram-Mutton, which may otherwiſe be known by the cloſeneſs of the Grain, and the deep redneſs and toughneſs of the Fleſh; as Ewe-Mutton is diſcover'd by being more looſe and pale, than that of Weathers: Though, indeed, the ſeveral ſorts of Feeding do many times alter the Fleſh ſome ſmall degree in Colour and Firmneſs, *viz.* Up-Lands, Moors, Heaths, or Mariſhes. But if there be a Rot in the Caſe, the Fleſh will be paliſh, the Fat a faint White, inclining to yellow; and the Meat will, in a manner, ſlip from the Bones when raw, if any force be uſed, becauſe the Skin or Film that ſhould

tak

take hold of the porous parts of the Bones, and ſhould unite it more firmly, is it ſelf looſen'd by the force of the Diſeaſe.

As for Newneſs, or Staleneſs, take the ſame Directions as in Lamb and Veal.

Beef; its Age or Youth, Newneſs or Staleneſs: And to diſtinguiſh Bull, Cow, or Ox-Beef, one from the other, &c.

BEef, for Fleſh, is the greateſt Feeder of the Nation, it being of long endurance when ſalted, and is never out of Seaſon, as moſt other Meats at ſome time or other are: Therefore, though in buying it is commonly known to moſt, yet I may happen to put ſomething of Caution and Inſtruction into their Minds that they know not; and which, for ought I know, may be greatly to their Advantage; for there are vaſt Sums of Money laid out weekly in this Commodity all over *England*, but more particularly in and about *London*; and therefore, according to the old Saying, *Seeing that which is good, is beſt*, I ſhall endeavour to diſtinguiſh good Beef from that which is otherwiſe.

Now for chuſing Pieces, I ſhall leave that to every one's Diſcretion, as they like; though for Roaſting, the Sir-Loin is better than any other, except the Ribs; for Boiling, the Flank, Buttock and Achbone.

If it be right Ox-Beef, it will have an open Grain; the Fat, if young, of a crumbling or Oily Softneſs, not tough and ſpungy, unleſs it be old, except the Brisket and Neck-pieces, and ſuch parts as are very fibrous: The Colour of the Lean is of a pleaſant Carnation-red; and the Fat rather inclining to whitiſh, than to much yellow.

Cow-Beef is of a cloſer Grain, leſs boned, and of ſomewhat leſs Colour, the Fat whiter; and if young,

tender, easily indented with your Finger, but will in a little time rise again.

Bull-Beef is of a more dusky Red, closer and firmer than either Ox or Cow-Beef, harder to be imprinted with your Finger, and suddenly rising on a light Touch if you do it; the Flesh brawny, and the Fat gross, and very fibrous, difficult to melt, and of a strong Scent. And thus, little or more, it will be if it be the Flesh of a Beast that has not been gelded till grown up to full Bigness; and if old, very rough upon pinching, so that your Nails will with great difficulty enter it.

As for Newness or Staleness, this sort of Flesh has few Signs to the Eye, more than the Appearance of a lively fresh Colour for the first, and a darkish dull Colour for the latter; but cut in pieces, where the Veins can be discern'd, observe as in Lamb and Veal.

If the Beef has been too suddenly kill'd upon overheating in driving, it will soon taint, and never take Salt kindly. This you may know by squeezing it in any fleshy part where there are Veins; and with hard squeezing, a red Juice will issue out, and tinsture your Fingers. As for farther Confirmation, if you mistrust your Sight, use your Scent: Bull-Beef will smell strong and Rawmish, so will that which has been over-heated in driving; and if it be your bad Luck unadvisedly to buy either of these to salt, make a strong Brine-Pickle, boil'd, and well scum'd, and put them into it 24 hours when cold; then take it out, and salt it with dry Salt, and it will take much better, because the Brine has first penetrated it to make way.

If this Meat be bruised, that place will look of a dusky Colour to the rest, as having settl'd Blood in it, that in the killing would not evacuate with the other Blood. And for the rest, use your Scent where you

you ſee Cauſe to ſuſpect; and believe your ſelf, rather than the Butcher's Proteſtations or Oaths.

If this ſort of Fleſh be old, ſeveral pieces will, in your Hand, ſhrink a little from the Bone; but if young, it will ſtand firm and well where it is not divided from them by cutting.

And theſe Directions, together with your own Experience, cannot but be profitable to you.

Of Pork and Brawn.

IF you find little Kernels in the Fat of Pork, like ſmall Peas, or Hail-ſhot, in any Number, it is Meaſly, and not wholſom for Food.

If in pinching the Lean, it break, and ſqueeze ſoft and Oily between your Fingers, it is young: Alſo, if you can nip the Skin of it with your Nails, that is another Token of Youngneſs; ſo is it when the Fat is ſoft and pulpy, in a manner like Lard.

But if the Lean of it be tough, the Fat very rough, ſpungy, or not expanding well between your Fingers and Thumb, and the Skin or Rhind ſtubborn, then is it old, and may be a Pigging Sow; eſpecially, if the Fleſh be extraordinary flabby, and the Skin crinkled.

If the Fleſh be of a Boar, or an Hog gelded at full Growth, then it will ſmell Rawmiſh, look redder than ordinary, or, at leaſt, of a dusky Red; and both the Lean and Fat will feel harder and tougher than uſual; the Skin will be thicker, and not eaſily pinched up; but when it is, 'twill immediately fall again.

As for Newneſs and Staleneſs, try the Legs and Hands, or Springs, at the Bone that comes out in the middle of the fleſhy part, by putting in your finger, and ſcenting it; for there it firſt taints: the Skin will alſo be ſweaty and clammy when ſtale, but ſmooth and cool when new. And of the reſt,

you

you may make your Conjecture according to theſe Obſervations.

This is beſt firſt laid in Pickle 24 hours, and then put into dry Salt; which will give it a good Colour, and a more than ordinary ſavoury Taſte.

Brawn is known to be old or young by the extraordinary or moderate Thickneſs of the Rhind, and the hardneſs or ſoftneſs of it; though that I account beſt, not made of a proper Boar, but of a Barrow, gelded at 9 or 10 Months old, and kill'd the ſecond Year. The greateſt danger in this is, Muſtineſs, of which your Scent muſt inform you; and your Feeling, whether it be clammy, or not. If you deſign to keep it when bought, boil two Quarts of Beer-Vinegar, with a Quart of Water, and two handfuls of Salt, half a dozen Bay-Leaves, and a Race of Ginger ſliced; ſcum the Pickle well, and when it is cold put it into an upright Earthen Pot, ſo that it may cover the Brawn ſtanding upright, and keep it cloſe.

To diſcover Defects in Dried Hams, and other Bacon.

TO diſcover Defects in *Weſtphalia*, *Bremen*, or *Engliſh* made Hams, Take a ſharp-pointed Knife, and run it under the Bone in the in-ſide of the Ham, about the middle; and quickly drawing it out, ſcent it with your Noſe; and if it has a curious reliſhing Savour, and comes out with little dawbing, then are the Hams good and ſweet: But if it ſmell rank, the Knife be much clouded, and the Vent it made caſt a Hogo, then, for want of well ſalting and ordering, they are tainted. Alſo try the Fat on the Edges, by cutting up a Sliver at one end, which you may put down again; if it be firm, white, and well ſcented, it promiſes a good Ham; but if looſe and yellowiſh, or of a ruſty Colour, then is it not as it ought to be; it is either ruſty, tainted, or inclining to it.

Bacon

Bacon in the Gammons may be well tried in all ſpects as the former: And in the Ribs, ſee that the eſh ſtick cloſe to the Bones, and the Fat to the ean; for if not, it has been a diſeaſed Hog, or it is eady, or inclining to be, naught. Ruſtineſs is own by a Murrey Colour in the extream Parts of e Fat, next the Rhind; by the hardneſs and pale-eſs of the Lean; and ſometimes, in this Caſe, it is a dark, dirty Colour.

If Bacon gives much in moiſt Weather, and be-omes flabby and ſoft, it has not been well ſalted nd dried, and therefore muſt be quickly ſpent, or will grow naught.

Of Veniſon.

HE Haunches and Shoulders try under the Bones, with your Knife, as directed for the Hams; if it ve a good Scent there, fear not but it may ſpend ell: As for other Parts, obſerve the Colouring of e Fleſh; if it be ſtale, it will look black, with me yellowiſh or greeniſh Specks: If it be old, the eſh will be tough and hard, and the Fat more con-acted, and of a skinny or reſtringent Subſtance; if ou can ſee the Claws, you will find them large, and oad-ſpreading in the Clefts, with a deep Cleft, and e Heel horny, and much worn; the Griſtles dry; d in breaking the Bone, you will find the Mar-w much ſpent; the Horns alſo, if they are to be en, will give you this Satisfaction by their more leſs Snags.

To recover Tainted Fleſh.

UT it in an Earthen Veſſel, full of ſmall Holes, with a Cover to it; lay Sweet-Herbs above and neath, with ſome Toaſts of Bread; then dig an ole in the Ground, and ſet the Veſſel into it, and ver it with Earth, and let it ſtand 24 hours in a ut, freſh Mould; and the Earth, together with

what

what is in the Pot, will take the Scent away: But it must be presently spent, or it will draw in fresh Air, and putrefie again. Where you have not this Conveniency, wash Venison in warm Water when tainted, let it soak 4 hours, then put it into Vinegar, Salt and Pepper as long, and presently use it: Let not the Vinegar be too sharp; an ordinary sort of Rape-Eager will do best.

Of Butter and Eggs.

IF you are to buy Butter, especially of Haglers, or Carriers, or of such as you suspect they have sold it to, take not the Taste they give you, but taste it your self at a venture, lest a well-tasted and scented Piece may be purposely placed in the Pound, to deceive you; for when Salt-Butter is rank, and decay'd, they work it up with Water, and make Fresh Butter of it, such as is sometimes cried about for 4 Pence half Peny a Pound; for the Water, by much working, takes out the Saltness, and much of the rank Scent; but then the Strength and nourishing part is lost, and in melting it turns to a faint Oil, or Wheyish Substance, not fit for Use. Salt Butter is better scented than tasted, by clapping a Knife into it, and presently putting it to your Nose: If it be a Cask, trust not the top only, for that may be purposely pack'd; but unhoop it to the middle, and thrust your Knife there through the Crevice of the Staves, and so you may be too hard for the Deceiver.

Eggs are sometimes brought by Sea, and sometimes far by Land, and consequently long in coming, and so grow nought. To know this, if you have not the Opportunity of a Candle, hold them up against the Sun; and if the White appears of a muddy or cloudy Colour, and the Yolk lies not round, or is broken in any, then are they nought; but if they be clear and

and fair, then they are good. If you have none of these Advantages, you may inform your self by shaking them; and if they shag much, they are wasted, and perhaps their Yolks are broke, and they Addled; though some New Eggs will shake a little, but not squash so as you can hear the shaking to any purpose. The best way to keep them long, is, in Bran, or Meal, though some do it in Sand.

Of Cheese and Bread.

I Shall say little of these, because every one loves to please his Palate herein; though, if the larger sorts of Cheese be very rough Coated, dry, and rough or rugged, as if Worm-tracks appear'd, beware of Weavels, little Worms, or Mites in it: If it be over-moist and spungy, 'tis subject to Maggots: Two Defects proceeding from ill making. If you see any soft or perish'd places on the out-sides, try them with a Cheese-Iron, or Scoop, to know how far they go, that you may know what you buy.

If among your Bread you find little Knots, or Knobs, Old Bread has been mash'd with it. If your Bread tastes sweet, it has been made of Grown Corn, and will soon be musty. If it be gritty, or rough, then is it made of Smutty or washed Corn, that has lost much of its Virtue, and nourishing Quality, by washing, drying on Kilns, and the like. If Rye be mix'd among Wheat, the Bread will be more moist, and of a sad Colour; and any reasonable Palate may taste and discern it.

Some Observations in Buying Fruits, English, and Outlandish.

AS for Cherries, Strawberries, Rasberries, Apricots, Plumbs, Currants, Gooseberries, Mulberries, Malacatoons, or the several sorts of Peaches, or any such like Fruits, your Taste, Feeling and Eye will inform you whether they are under-ripe, ripe,

or

or over-ripe; some delighting in them in one Condition, and some in another: But my Purpose reaches farther, which is, to prevent your buying perish'd, prick'd, or musty Fruit, which may yet bear a fair Out-side, and deceive you.

If you doubt Pears, whether sound, or not, though they may feel well, pull at the Stalk, and if it comes out easily, with the Spires belonging to it, and they look of a rusty, darkish Colour, then is the Pear perishing at the Core.

Apples, though outwardly appearing firm, if there be a Speck where the Stalk grew, the Core is perishing, and they will not long keep, if they be not already decay'd. And the like observe by Quinces at either end, either the Stalk-place, or the Blossom-end; for either of these two places being speck'd or tainted, they are more dangerous, than any Speck though much larger, in another place, because they putrefie to the Heart and Centre. Mustiness in these Fruits is discerned by their Roughness, and deadish or palish Colour, to what in their lively Colour they seem.

Oranges and Limons, whether dry, or full of Juice, are known by their Weight; their Goodness by their Perfection of Colour. If they be prick'd they will be soft, and some spots appear, or bruized places; then they are, for the most part, black at Heart, and perishing.

Pomegranates are known to be full or empty, by their ratling, or not ratling; their Goodness, by the redness of their Berries, or Seeds.

As for Roots, Herbs, Flowers, &c. it is unnecessary to give an Account of them, they being so well and commonly known to the Buyer.

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CHAP. XIII.

Rules and Inſtructions for good Houſe-keeping; Containing many curious Receipts in various Things tending thereto, for the better profiting a Family, and ſaving much Charges, &c.

THE good Management of Houſhold-Affairs is not only commendable, but turns to much Profit and Advantage; and will furniſh every thing ſufficient, neat and cleanly, with far leſs Expence than where Care is not taken, nor exact Rules obſerv'd: So that ſome live more plentifully on a ſmall Eſtate, or Income, by good Houſwifery and Management, than others do on a much larger Competency. Wherefore, that all may be directed to this Advantage, or leſt without Excuſe if they prove laviſh by Negligence, I ſhall give ſuch good Inſtructions as are proper in ſundry Matters on this Occaſion; comprehending, as near as may be, all that is neceſſary to a compleat Houſe-keeping, whereby Plenty may be had, and yet much ſaved at the Years end.

How to make Bread more ſubſtantial than ordinary.

TAke the Bran that has been boulted off, put it into a Kettle of Water, and boil it, then ſtrain out the Water, and it will be white, and of a thick, ſtrengthening Subſtance; with this wet the Meal wherewith you make your Bread, then add Yeſt, and a little Salt, and ſo make it into Loaves; and it will be more heartening, pleaſanter in Taſte, and increaſed in Subſtance, than otherwiſe it would have been.

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Vinegar, and let them run about the Room, or Yard; and when they are kill'd, hang them up in their Feathers, by the Heels, in a smoaky Chimney; then pull and dress them, and they will be very tender.

If present Occasion require them, when you have pull'd and drawn them, heat a good Pebble-stone, wrap it up in a fine Rag, and so put it into the Belly of the Fowl, closing the Vent to keep in the Steem, and in half an hour they will be much tenderer than otherwise they would be.

Of Jellies, and how to make them.

JEllies are very strengthening and nourishing, as carrying the whole strength of the thing they are made of in them; and many of them may be made with little Cost. Their proper Meats to be made on are these, *viz.* 1. Three pair of Calves Feet; 2. A well-flesh'd Capon, not very fat, and a Knuckle of Veal; 3. A pair of Calves Feet, half a Pound of Izon-glass, and a well-flesh'd Capon; 4. A Knuckle of Veal, and an old Cock; 5. A Pullet, and a quarter of a Pound of Hart's-horn; 6. A Capon only; 7. A Cock, or Capon, with Izon-glass; 8. Jelly of Hogs Feet; 9. Sheep Feet, Lambs Feet, or Calves Feet. Now, to make these into proper Jellies, I shall give you one Example for all, as to what relates to Flesh-Jellies, *viz.*

Take Calves Feet well scalded; pare the bottom and take out the long Shank-bones, lay them to soak in Water 4 or 5 hours; boil about a dozen of them in 2 Gallons of Spring-water, perpetually, as they boil up, taking off the Scum, till about the fourth part of the Water be consum'd; then strain it through a Jelly-bag, or a thick Linen Cloth, and let it cool; then take the clearer part from the Setlings, pare off the top, and melt it; then put it into an Earthen Vessel, adding White-wine, Ginger, Mace, Cinnamon, and the Whites of Eggs, little or more, proportion'd to the Jelly you make; then add some Juice of

mons and Sugar, to ſeaſon it; boil it leiſurely, and ſtrain it again; then eat it alone, or ſerve it up with Meats, or any other things that require Jellies of this kind. And ſo, by boiling the other Meats to maſh, according to theſe Rules, you may make curious ſtrengthening Jellies of them.

To make Jellies of ſeveral ſorts of Fruits.

THE Fruits proper for theſe are, 1. Currants, 2. Quinces, 3. Apples, 4. Pears, 5. Plumbs, 6. Rasberries, Strawberries, and the like. And, to make theſe, I ſhall, for Brevity ſake, give you one general Example, *viz.* Jelly of Apples.

To do this, pare the ſofter ſort of pleaſant-taſted Apples, and ſlice them very thin, taking out the Coars and Seeds; boil a Pound of them in a Quart of Water till a fourth part be conſum'd, then ſtrain it well, and to every Pint and half put 3 quarters of a Pound of Sugar, with a little Mace or Cinnamon, and boil it up to a thickneſs, adding a quarter of a Pound of Iſon-glaſs; ſtrain it again, and put it up for Uſe.

This, and all other Jellies of Fruits, are cooling, and wholſom; taken ſucceſsfully in hot Diſeaſes, and very refreſhing at all times. And by this Rule you may make Jelly of any Fruit. You may mix, if you pleaſe, Wine, Cream or Milk with them, if your Pallate is deſirous of it; and ſcent them with Roſe, Orange, Citron, or any pleaſant ſcented Waters.

To make Jelly-Broth.

TAke any of the Meats mention'd for Meat-Jellies, put a Quart of White-wine to two Quarts of Water, and a Pound and an half of Sugar, 6 Eggs, two Nutmegs thinly ſliced, two Races of Ginger, a quarter of an Ounce of Mace, and a little Cinnamon groſs bruiſed; boil it up as the Calves-feet Jelly, ſtrain and ſcent it with a little Amber-greaſe, or Musk, ſeaſon it with Limon or Orange-Juice, and it will be excellent.

To make Oyſter-Jelly.

THis may be properly called a Jelly of divers ſorts of Fiſh, and may ſerve in general for Fiſh-Jelly.

To make it, Take 10 pretty large Flounders, two ſmall Pikes, or Plaice, and 4 Ounces of Izon-glaſs very well cleanſed, boil them in a large Earthen Pipkin, with 2 Quarts of Spring-water, and as much White-wine, adding Slices of Ginger, and Blades of Mace, and ſo boil them up to a Jelly; ſtrain it through a Jelly-bag, into a pretty deep Diſh, and when cold, pare off the Top and Bottom, and put it into a Pipkin, with 3 or 4 ſpoonfuls of the Juice of Limons; ſeaſon it with fine Sugar beaten with the Whites of Eggs; then ſtew a Quart of large Oiſters in a Pint of White-wine and their own Liquor; add ſome Spices, as Mace, Ginger and Cinnamon, with Pome-granate-kernels; put theſe, when well jelly'd, to the former, heat them, and run them through a Bag, and keep it as an excellent Jelly, 3 or 4 ſpoonfuls being ſufficient Nouriſhment for a day on urgent Occaſion. And all the Jellies are excellent Nouriſhments for ſick Perſons, or weak Stomachs, that cannot well digeſt Meats.

Sundry kinds of Sawces, and Garniſh.

FOR Chickens roaſted, take the Gravy, and the Juice of Oranges, and a little Cinnamon or Pepper very finely beaten or ſifted; lay ſome Slices of Manchet, curiouſly carv'd, round the Diſh; lay the Chickens in the Sauce, and garniſh with Limons thinly ſliced, Parſley and Barberries.

For a Duck or Mallard, Take the Gravy of the Fowl and Oiſter-liquor, boil in it a whole Onion, a few Slices of Nutmeg, and an Anchovy; and if they be lean, farce and lard them. Garniſh with Green and Red Cabbage, or Beets.

For Green-Geeſe, Stamp Sorrel, White-bread, and ſome Slices of Pippins, or ſuch hard Apples, put a little Vinegar and Sugar to them, then preſs out the liquor

liquid part, and ſerve it up in Sawcers. Garniſh with Parſley, Marigold-flowers, and ſome Slices of Oranges or Limons. Or, for Sawce, take the Juice of Sorrel, ſcalded Goosberries and Sugar, ſerv'd on Sippets, with Sugar and Butter.

For an Hare roaſted, After you have par-boil'd, truſs'd and larded her, beat Cinnamon, Nutmeg, Pepper and Ginger, put to them boil'd Prunes, and a little White-wine, boil them, and ſtrain out the liquid part, and ſerve it up in Sawcers. Or, Take Currants and Muskified Bisket-bread beaten to Powder, boil them, with Sugar and Gloves, in Water, to the thickneſs of a Gruel.

For Hens or Pullets roaſted, Take the Eggs you find in them, if any; if not, the Yolks of ſix Eggs boil'd hard, and ſmally minced, put them in White-wine or Wine-Vinegar, with beaten Butter and the Gravy, add the Juice of an Orange. Garniſh with Slices of Limon, Greens, or Flowers.

For any Land-Fowl, Strain a little of the Pulp of boil'd Prunes into the Blood of the Fowl, put to it a little Cinnamon and Ginger finely beaten, boil it with the Gravy, and a little Sugar, to an indifferent thickneſs, and ſerve it up with the Fowl.

For a Pig, Take the Sage that has been roaſted in his Belly, with the Cruſt or Manchet, beat or ſhred them ſmall together, boil them in Water, with Currans, and a little beaten Cinnamon, then add to a Quart of it a Jill of Sack.

A proper Sawce for a Loin of Veal, which may indifferently ſerve for any other part; Take Thyme, Peny-royal, Mint, Sage and Marjoram, boil them, and ſhread them, with the Yolks of two hard Eggs, a little Salt, ſome grated Nutmeg, and the Juice of two Oranges; boil them with a little Spice, and ſome Currans, then diſh it up. Garniſh with Slices of Oranges, or Capers, Samphire, Cucumbers, *&c.*

For Mutton roaſted, Slice Onions, and boil them in Claret, with grated Nutmeg, and the Gravy.

For Red-Deer, Boil ſweet Herbs, well minc'd, with the Gravy, White-bread, and Juice of Oranges and Limons; beat theſe up with curious ſweet Butter.

For Stubble-Geeſe, Take Pippins, or other hard Apples, boil them to Pulp, ſtrain it, and put Sugar, a little beaten Cinnamon, and a little Sack to it.

For Pork roaſted, Boil Sage, and mince it ſmall, mix it well with fine Pepper, Muſtard and Sugar, made thin with ſome Vinegar. Garniſh with Slices of Oranges, Limons, Greens and Flowers.

To make Cray-fiſh Red.

TO do this, rub them with *Aqua-vitæ*, and the Buſineſs will be done to Admiration.

To preſerve Fowl a long time from Tainting.

TAke a large Cask that has very lately had Wine in it, knock out a Board or two at the Head, and in the others drive Hooks to hang your Fowls on ſo as they may not touch each other, and cover the open places with the Boards, leaving only the Bung-hole for an Air-vent; ſet them in a dry, cool place, and they will keep as long again as in any other place.

And thus you may keep Fleſh or Fiſh.

To preſerve freſh Lard.

MElt it, putting to it a little good Verjuice, and boil it up till the Verjuice diſappears; then put it into Bladders, or what Veſſels you will, and it will keep curious white, and free from Muſt or Taint.

To fatten any ſort of Fowl in fifteen Days.

TAke Nettle-leaves and Seeds, gather'd and dried in their proper Seaſon, beat them into Powder, and make it into Paſte with Wheat-Bran or Flower, adding a little very ſweet Olive-Oil; make this up into little Crams, coop them up, and duly feed them with it, giving them Water wherein Barley has been boiled, and they will be fat at or before the Time propoſed.

To raiſe a Sallet in a few Hours.

TO do this from the Seeds, in any Seaſon, take Aſhes of the Moſs of Trees, and rotten Dung, mix them well together, and ſprinkle them with the Moiſture that comes from the Dung-hill; do this ſeveral times, and dry it as often in the Sun, till it becomes, as it were, a fatt, cloggy Earth; keep it in a glazed Earthen Pot, to uſe either Summer or Winter.

If in Winter, ſpread this Earth in a Dripping-pan, or Iron Veſſel, ſprinkle it with the Moiſture of wet Dung in which you have ſteep'd your Seeds of Lettice or Purſlain a night, give it a moderate Heat with Fire under it; ſow your Seeds, and ſprinkle them with warm Rain-water; and if the Heat be the ſame as in *July*, they will inſtantly ſprout; and if ſowed at 9 in the morning, they will produce Leaves at any Seaſon, ſufficient for a Sallet by Dinner-time.

To make abundance of Cream.

TAke a Scuming-diſh full of the top of the Milk, add to it 4 ſpoonfuls of ſcraped Sugar, and a drop of good Rennet, then ſtir them together that they may thicken a little, then ſet it in a warm place, and a great deal of Cream will ariſe in an hours time.

To make an excellent Syllabub.

MIlk the Milk of a young Cow into your Veſſel, to 2 Quarts of it put a Pint of White-wine, 2 or 3 ſpoonfuls of Verjuice, or the Juice of green Grapes, and a ſpoonful of the Juice of Balm or Mint, ſcrape into it ſome Loaf-Sugar, and add a little graced Nutmeg; you may alſo ſcent it with a little Roſe or Orange-water.

To make Cream of ſundry kinds of Fruits.

TO do this, take either Currans, Mulberries, Raſberries, or Strawberries, ſprinkle them with a little Roſe-water, preſs out the Juice, and draw the Milk hard out of the Cow's Udder into it; ſweeten it with a little Sugar, and beat it well with Birchen

Twigs till it froth up, then ſtrew over it a little fine beaten Cinnamon; and it will be a curious Meſs.

You may do this with the Juice of Plumbs, Gooſeberries, Apricots, Figs, or any juicy Fruit.

To make a Cream-Pudding.

TAke Flower, and mix it with a like quantity of grated Bread, ſome Dates minc'd, Cinnamon and Nutmeg finely beaten, Beef-Suet, Sugar, Eggs, and warm Milk; then take half the Pudding for one ſide, and half for the other, make it up round, and put ſome Butter and Cream into the middle of it, and cloſe it up; put it into the Pot, in a Cloth, when the Liquor boils, and, when boil'd, ſerve it up in 2 halves, with Butter, Roſe-water, Sugar and Verjuice, beaten well together, and warm.

To keep all ſorts of Flowers freſh, out of their proper Seaſons.

FIll an Earthen Veſſel with half Water and half Verjuice, put to it as much Salt as will make the Liquor taſte well of it; gather the Flowers in their prime, before they are too much blown, and put them in the Liquor, preſſing or rumpling them as little as may be; cover the Veſſel cloſe, and ſet it in a warm place; when you have Occaſion for them, take them out by the Stalk, and hold it to the warmth of the Fire, and it will recover much of its Colour, ſpread in its proper Form, and want nothing of the perfect Flower but the true Scent. And thus may they be kept all Winter.

To make an excellent White-Pot.

BLanch half a Pound of Sweet-Almonds, make them into a Paſte well beaten, put to it 2 Quarts of Milk, and boil them together, then add a ſpoonful and an half of Rice-flower; and when theſe are boil'd well, ſtrain out the liquid part into 2 Quarts of New Milk, ſtirring it; and add Sugar to ſweeten it as you pleaſe, and a little Saffron ſtrain'd into a quarter

quarter of a Pint of White-wine, *viz.* the Wine wherein it has been ſoak'd; and with this beat up a dozen Yolks of Eggs, and bake it.

To make excellent Black-Puddings.

TAke Oat-meal a little ground, grate to every Quart of it an half-peny ſtale White Loaf, ſoak theſe in Milk a night, then in the Hog's Blood warm 12 hours, then mince your Fat or Lard ſmall, mingle and ſtir them to a proper thickneſs; then mince Peny-royal, Winter-Savoury, and ſuch other proper ſweet Herbs, as the Seaſon will afford, and ſtir them together, ſeaſon them with a ſprinkling of Salt, and fill the Guts with them, tying them at what convenient Lengths you pleaſe; and when you have boild them, hang them up in a dry Loft, near the Chimney, to keep them from Moiſtneſs or Mouldying.

White-Puddings, the beſt way to make them.

GRate fine Manchet, ſprinkle a little Flower on it, and beat a ſmall quantity of Mace and Nutmeg, ſteep theſe in as much Milk as they will thicken like Pap; then to every Quart of this put a quarter of a Pound of Currans, and two Ounces of Sugar; mix them well together, and put them into fine thin Guts, well clean'd, and rinſed in warm Water; tye them up as the former, and keep them in dry Boxes when boil'd.

To make Engliſh Sauſages.

TAke the Lean of a Fillet of young Pork, chop and bruiſe it ſmall, then to every Pound put a quarter of a Pound of Fat, well skin'd; ſeaſon it with Pepper, Salt, and a little Nutmeg; add ſome ſmall matter of Peny-royal, well ſhreaded, and beaten; mix them all well together, put the Maſs into Guts ſeaſon'd with Water and Salt; and when fill'd and tied, hang them up in a Chimney, or Smoak-Loft, to dry.

CHAP.

CHAP. XIV.

Rare Experiments in making Pomatums, Essences, Perfumes, Sweet-Bags, Powders, Whitening Teeth, making Hair grow, beautifying Brass or Silver, Taking out Spots and Stains, Renewing faded Paintings or Hangings, Killing Vermin.

A good Pomatum for Beautifying.

TAke the Fat of a Bacon-Hog unsalted, stick it full of Oats, roast it by a slow Fire, that it may drip away; put to the Dripping some Oil of Sweet-Almonds, and 2 or 3 drops of the Chymical Oil of Cinnamon; mix them well together, and put them up for Use.

To make Essence of Cinnamon.

TAke Oil of Nutmegs, and set it in the Summer-Sun till it has lost much of its Scent, then put in half an Ounce of the Oil of Cinnamon; and when they are well incorporated, the whole Scent of the Cinnamon will remain in the Mass.

To make a Perfume to burn.

THis is proper for taking bad Scents out of Rooms, and purge gross Air. To make them, Take of Benjamin 4 Ounces, Storax 2, Cloves 12, *Laudanum* and *Calamus Aromaticus*, each a Dram, and a little dried Citron-peel; bruise them together, mixed with Rose-water; incorporate them into a Mass, and make them into Cassolets, or little Pastils, which being lighted at a Fire, or Candle, they will diffuse a curious Scent into all parts of the Rooms, which will destroy Spiders, and other venomous Things.

To make Pastils to perfume Cakes.

Take of *Lignum*-Aloes a Dram, Storax half an Ounce, Benjamin 2 Ounces, Coals of Sallow or Willow-wood as you please, reduce them to a fine Powder; add to them 20 Grains of Civet, and as much fine Sugar as is convenient; then put them into an Earthen Vessel,

Veſſel, with as much Roſe-water as will cover them; boil them a little, till the Paſtils be digeſted; ever ſtirring them with a Stick in boiling, to prevent their being burnt to; and when they are enough, make them into the form of Paſtils, and uſe them as you ſee Occaſion.

To make Grounds for Hair-Powder.

THoſe Grounds are proper enough to be either Rice-Grounds, or Starch-Grounds, finely pulverized, and ſifted through Sieves of different bigneſſes, and growing leſſer, to a vaſt fineneſs, dried in a warm place, and fitted to receive the ſeveral Scents.

To ſcent Powders.

IF you would do it with Flowers, place a Laying of Powder, and a Laying of Flowers, whether Roſes, Jeſſamin, Violet, Orange, or the like, till a cloſe Box is full; then ſhut it, and let them infuſe; and the Powder will attract the whole Scent of the Flower to it: And if it be not ſtrong enough, you muſt ſhift the Flowers till it is.

As for Civet or Musk-powder, infuſe Cotton-wool in thoſe Scents till it has exceeding well taken it; then lay a Laying of Wool, and a Laying of Powder, and ſhut it cloſe in a Box, and it will ſcent the Powder. And by theſe Directions, any other Scents may be infuſed.

To make, and perfume Waſh-Balls.

TAke a Pound of Cake-Soap, moiſten it with Roſe or Orange-water, beat it till it is in the nature of Pap, put half an Ounce of Orris to it, and as much Calamus in Powder; ſo make it up into Balls, and dry them in the Air, or Sun.

To perfume them, Take what quantity of Muſk you pleaſe, and diſſolve it in any ſweet-ſcented Water, bruiſe your Waſh-balls with it in a Mortar, and make them up a-new, and they will ſcent throughout of it. And ſo you may do of other Scents; as Amber-greaſe, Orange, Jeſſamin, *&c.*

To make Sweet-Bags for Clothes.

TAke 2 Pound and an half of *Florence*-Orris, Rose-wood 6 Ounces, *Calamus Aromaticus* half a Pound, Benjamin 5 Ounces, Yellow Saunders 4 Ounces, Cloves half an Ounce, Cinnamon an Ounce; bruise these grossly together, put them into a fine thin Bag, and lay them among your Clothes, for a curious Scent: It will also keep away Moths, Worms, *&c.*

Violet-Powder for Cassinets, and Sweets to put among Linen.

TAke of *Florence*-Orris a Pound, Rose-wood a Pound and an half, Yellow Saunders and Storax, each an Ounce, Benjamin 2 Ounces, Cyprus, Galingale and *Calamus Aromaticus*, each an Ounce and an half, Coriander-seeds, Nutmegs, Cinnamon and Cloves, each a quarter of an Ounce, Citron-peel and Orange-flowers dried, each 2 Drams; bruise these in a Mortar, and sift them through a fine Sieve; then put them in Bags, or sprinkle them among the Clothes, and they will keep all offensive Insects from them, and give them a curious Scent.

To whiten Teeth.

WAsh your Mouth well with Plantain-water, then rub your Teeth very well with fine Powder of Pumice-stone, and if sound, they will be very white.

To make Hair grow.

TAke the tender tops of Hemp just appearing above Ground, steep them 24 hours in Water, and mix the Water with Fern-ashes, then wash the place with the Water warm'd, and it will produce Hair very speedily if the place be natural to it, and it be not lost by extream Old Age.

To take Spots of Oil or Greese out of Sattin, Silks, Stuffs, or Woollen.

BUrn the Bones of Sheeps Trotters, reduce them to a fine Powder, lay it on fine Paper, on both sides of the Spots, and place upon the upper part a Spoon in which is a lighted Coal that may heat pretty well through, and the Heat will cause the Powder to

to ſuck out the Greaſe; then rub it over with a piece of fine White Bread, to cleanſe it. If it does it not ſufficiently at once, repeat it twice or thrice, and it will not fail your Expectation.

To take out Pitch, Roſin, Bees-Wax or Tar.

PUT a little Oil of Turpentine on the place, and dab it on often with a Feather as it dries away, and it will ſo conſume the unctious part of them, that by gently rubbing, it will crumble away like Dirt.

To take Iron-Moulds from Linen.

HAving well waſh'd your Linen, put boiling Water into a Peuter-Pot, and put the Linen to it, then take it out, and anoint the place with Juice of Sorrel, and let it dry; then waſh it out in a good Lather, with Caſtle or Cake-Soap.

To take out Spots of Ink, or Stains of Fruit.

PUT the Juice of Limon and Onion on the Spot or Stain, and let it dry, then waſh it out with a good Lather of Cake-Soap: Or you may firſt ſteep the Linen in Chamber-Ley; or waſh the Stain with Soap diſſolv'd in Vinegar.

To take Spots of Oil or Greaſe out of White or Red Silk, without altering the Colour.

WET the Spot with Spirit of Wine, then dawb it over with the White of a New-laid Egg, and dry it in the Sun; then waſh it with clean Water, and preſs it well.

To make Braſs Utenſils look of a Golden Colour.

TAke a Pint of ſtrong Ley, mix with it an Ounce of burnt Roche-Allom, boil them well together, then rub the Utenſil with it, and when it is dry, rub it over with Tripoli; and it will not only take away all Spots and Stains, but make it look like Gold.

To cleanſe Silver, and give it a curious Luſtre.

BOil it well in Ley, then take it out, and ſmear it over with Whiting, and let it dry; then with a warm, dry Woollen Cloth, rub it over with Powder of burnt Allom.

To

To set a Gloss on faded Paintings.

TAke of Tartar and Gloss-wort, each an Ounce; boil them in a Pint of Water till half be consum'd, then strain it; and having, with a Spunge and warm Water, cleansed the Painting from Dust, do it over with the strain'd Liquor, and it will set a curious fresh Gloss upon it, and make it look as if new.

To refresh faded Hangings.

SCower them well with a strain'd Water wherein Cake-Soap and Fulling-Earth have been soak'd, rinse them afterwards in fair Water wherein Allom has been dissolv'd, then, if it be Tapestry, run them over with the Juice of Quinces and Limons: And where the Colours of Tapestry are faded by Age, you may revive them by artificially painting them.

To whiten Linen Cloth.

WET it well, and lay it on the Grass in a Sunshiny day, cast Water on it wherein Allom has been dissolv'd, and a little Chalk; use it thus 5 or 6 days, then wash and Buck it well, and it will become far whiter, and thicker, than it was before.

To destroy Mice, Rats Weasles, &c.

TAke Arsnick and rude Mercury, mix them with Cheese, Bread, or fat Bacon, and as many as taste of it will die. Or, Boil Wild Cucumbers with the like quantity of Coliquintida till the Water is almost consum'd, then make a Paste with it and Oat-flower, and lay in Bits about their Haunts, and it will destroy such as eat of it.

To prevent Weasles sucking Eggs.

PLace Rue about the Nests of your Hens, Ducks, or Geese, and they will not come near the Eggs.

To destroy Bugs.

MIX Oil of Turpentine with Soap-Lees, anoint the Bed-posts and Crevises of the Walls with it, shut the Room up close, and burn Brimstone and Storax, and they will die away.

To

To destroy Fleas and Lice.

FOR the former, sprinkle the Room with Water wherein the Roots of Wild Cucumbers and Wormwood have been boil'd; and lay between the Mat and the Bed the Herb Arse-smart, or Hound's-tongue, which grows in most Ditches in Summer.

For the latter, Take Hog's Lard, Quick-silver and the Juice of Sage, beat them into an Ointment, and anoint your Head and Body with it, and the Scent will kill them either in your Hair, Linen, Bed, or Woollen Clothes.

To destroy Flies.

BRuise the Herb Helebore, and steep it in New Milk mix'd with Orpiment, and sprinkle the Rooms or places where Flies swarm, and they will either presently avoid it, or die.

To destroy Moths.

THese usually infest Clothes and Hangings, and therefore prove very mischievous.

If among Clothes, To destroy them, make a Pow- of Sarsafrax-wood, the Flowers of Lavender, and the dried Leaves of Rue; lay these in small Sprinklings amongst your Woollen, Silks, or Linen, and scent your Drawers or Trunks well with them, and no Moths will live in the Scent of them.

But if they eat your Hangings, or other things, which you cannot order with this Powder, then burn Storax and Sulphure in the Room, the Doors and Windows being close shut, and the Scent will utterly destroy them; and the Scent remaining in the Hangings will keep others from coming to them for 6 Months, or as long as the Scent remains in them; and then, to prevent future Danger, you may renew it.

To destroy Ticks.

THis sort of Vermin is very offensive, especially in old Houses, where the Timber is decay'd, or

[illegible] are great Destroyers of Timber-Build-[illegible] by rotting and wasting the Timber in eating it. To destroy these, observe their Haunts, and wash or sprinkle the places with Urine wherein Tobacco and Rue have been boil'd, and it will kill those that are already, and prevent the breeding of others.

To destroy Spiders.

AFter you have destroy'd their Webs, sprinkle the Rooms with Water wherein Plantain has been boil'd, and smoak them with Benjamin and Frankinsence, and none of them will ever after appear there; especially, till the Scent of these things are utterly extinguish'd.

To destroy Worms.

THose in Walks or Gardens may be destroy'd by strewing of Lime, foul Salt, or Pot-Ashes, and lay a Laying of Gravel on it. But such as are in Bedsteads, or Timber in Houses, are destroy'd by washing the places with strong Vinegar, and scenting them with Storax and Brimstone: The latter will do in a Library, to prevent their eating and spoiling Books.

To drive away Snakes, Adders, Efts, Emmets, &c.

BUrn Wall-wort, Rue and Bay-leaves, scatter the Ashes and some fresh Leaves in their Haunts, and they will either immediately depart, or die in their Holes, or places of resort.

Thus, Reader, have I given you many rare Experiments, and in every thing fulfilled my Promise; [illegible] it cannot but be worthy of Acceptance, and will, no doubt, redound to your Profit and Pleasure: Wherefore, recommending it to you, I leave [illegible] to put it in practise.

FINIS.